

[file name]:

04 of 05 - Wind - Feng - Talk – Lester
Levenson - Lester Levenson Six
Steps – Lester Levenson – TSM –
Lester Levenson Original Release
Method – Lester Levenson Original
1992 Sedona Method Release
Technique (Wind Feng).pdf

Wind (Feng) on Six Steps (One of 6 documents, this is
English translation of the document named “Wind’s talk on
Lester Levenson Six Steps and Lester Levenson Original
Release Method (The Original 1992 Sedona Method) ” – from
documents 00 to 05 in the Google Drive)

Version 1.0 – Wind (Feng)’s chat logs in
WeChat Weixin Groups “Shortcuts to Freedom” and “TSM The
Original Sedona Method Release Liberation Diamond Island”

Document Creation date: 14 Feb 2026

“ Simply release your feelings, your mind quiets, and you’re there.”
– Lester Levenson (1909-1994)

Source (Github):

<https://github.com/deng-bowen/6-steps/blob/main>

<https://drive.google.com/drive/folders/1WlCTqnPtCVDKt8gc2YVA4fpBWee4QHac?usp=sharing>

People or authors mentioned in this document include:

Wind (Feng 风 / 風 in Chinese)

Lester Levenson (1909-1994)

Lester Levenson (The Sedona Method / The Sedona Release Method Technique)

The Original 1992 Sedona Method by Lester Levenson

The Sedona Method Release Liberation Technique

Wind (Feng) on Six Steps of Lester Levenson

Wind (Feng) 's application of Lester Levenson (The Sedona Method) Six Steps to Freedom

Hale Dwoskin (student of Lester Levenson , author of the book 'The Sedona Method' , featured in 1992 Original Sedona Method 8 videos)

Nikki Warriner (featured in 1992 Original Sedona Method 8 videos)

Larry Crane (Lawrence Crane) / Lawrence Crane (1935-2018) (student of Lester Levenson, author of the book 'Abundance Book' and The Release Technique)

Stephen Seretan (author of the book "Lester Levenson and me")

Virginia Lloyd (author of the book "Choose Freedom" , a book about Lester Levenson)

Ralph Zeitlin (student of Lester Levenson)

Mike Klein (student of Lester Levenson)

Rick Solomon (student of Lester Levenson)

David Hawkins MD PhD (student of Lester Levenson , and author of the book 'Letting go: pathway of surrender')

Ramana Maharshi

Buddha

Yogananda

Jesus

PS. This document was translated from Chinese to English, with the assistance of DeepSeek in February 2026.

Background Information for spiritual seekers (and finders) :

Lester Levenson experienced a profound inner awakening in 1952 after a severe heart condition (coronary thrombosis) left him facing death; withdrawing to contemplate the cause of suffering, he discovered that his misery came not from circumstances but from his own suppressed feelings (emotions) and mental resistance. By systematically letting go of fear, desire, and attachment, he reported entering a state of deep peace, love, and freedom that did not depend on external conditions. This realization—that happiness is one's natural state and can be uncovered by releasing inner subconscious feelings —became the foundation of what later evolved into the Sedona Method (Release Technique).

Seen through the lens of Ramana Maharshi and Eckhart Tolle (Power of Now book), Lester Levenson's awakening can be understood as a collapse of egoic identification under the pressure of imminent death, followed by a direct abidance as pure awareness. Instead of seeking salvation externally, he turned inward and discovered that suffering arose from attachment to feelings, thoughts, desires, and fears; when these were relinquished, what remained was causeless peace and love. In Ramana's terms, the false "I"-thought subsided into the Self; in Tolle's language, psychological time and resistance dissolved into Presence. Lester Levenson's later teaching of "releasing" can thus be viewed as a pragmatic pathway to the same realization: that one's true nature is prior to thoughts and feelings, free of grasping, and inherently whole.

In China and in the Chinese speaking community (China ,Taiwan, Hongkong, Singapore, Malaysia), and there is this person with the ID "Wind" (Feng) (风) / 風 in Chinese), a well-known figure in China's spiritual seekers community, who claimed to have been thrown into "spiritual enlightenment" (Nirbīja Samadhi) after constant release (every moment 24/7) for about over a month in 2020.

Wind (Feng 风) / 風 in Chinese) focus was on the recordings of Lester Levenson's talks and the 1992 Sedona Method version of the course designed by Lester Levenson himself and led by Hale Dwoskin and Nikki Warriner . (8 videos of the 1992 course recordings are freely available on YouTube and bilibili).

Later on, the instructors after Lester Levenson who were his students , modified, added or subtracted some parts of it. The focus in those materials somehow shifted from achieving

freedom to having a happy comfortable life, which itself is awesome, but I wonder if we're leaving what's more out there , from Lester Levenson's original teaching.

The documents from 00 to 05 are the PDFs of chat logs of Wind (Feng) answering questions from other spiritual seekers.

Wind (Feng / 风 or 風 in Chinese) , a well-known pseudonymous student of Lester Levenson's Six Steps and The Sedona Method Release Technique - Letting Go) in China , rose to prominence among Chinese spiritual seekers community in 2021 , for sharing Chinese translations of Lester Levenson's audios, his direct awakening experience , and for emphasizing and popularizing the pure simplicity of " Simply Releasing 24/7 and applying the Lester Levenson Six Steps 24/7" .

Wind (Feng / 风 or 風 in Chinese) , is a dedicated practitioner and teacher of Lester Levenson's Six Steps (The Original 1992 Release Method – Sedona Method) who emphasizes the profound simplicity and effectiveness of the Six Steps as the complete map to Freedom, having deeply studied Lester Levenson's 1992 Original Sedona Method Course materials and audio recordings. Through his extensive experience, Wind asserts that "you don't need anything beyond the six steps" to achieve true freedom, consistently teaching that the Six Steps - from wanting freedom more than the world to experiencing increasing joy with each release - form a self-contained, powerful system that requires no additional techniques or modifications. Wind's teaching centers on the purity of Lester Levenson's original method, particularly as presented in the 1992 Original Sedona Release Method course, where he identifies the three fundamental desires (approval, control, and security) as the root of all emotional suffering, and emphasizes that continuous release of these desires, rather than merely releasing surface emotions, is the key to rapid liberation - a process he (and Lester Levenson) claims can take "only a few months" when practiced with complete fidelity to Lester Levenson's instructions.

As of February 2026, Lester Levenson, Hale Dwoskin, Larry Crane (Lawrence Crane) (Lawrence Crane), The Sedona Method, and The Release Technique, are more popular in China , than the rest of the world combined, since it is free, requires no belief systems, and no external guru or teacher. Virtually, all Lester Levenson's books, talks, videos (in English), have been translated into Chinese .

The Original 1992 Sedona Method Videos (8 videos), featuring Sedona Method instructors **Hale Dwoskin** and **Nikki Warriner**, have been viewed millions of times in China's YouTube (bilibili), while in YouTube the same video has less than 100,000 views.

Wind (Feng)'s chat logs PDF documents are freely available for download in Internet Archive, and contain essential pointers for true seekers, to start their journey to "Lester Levenson Six Steps and TSM (The Original 1992 Sedona Method)" .

Wind (Feng) said in the chat logs document:

"All the spiritual masters point to the same Reality , and Releasing via Six Steps, in my experience, is the most effective practice to get there (Freedom, Beingness, Reality) . Absolute security is only found in your true inner self (Infinite Beingness). "

Lester Levenson has a better summary: "The Sedona Release Method is simple, the method is also easy. Let the feelings come up, [recognize the deeper ego's intention] they are a desire for approval or control, and then let them out. Carrying out the six steps of this method, will take a few months to empty out all your garbage."

Lester Levenson's quotes:

" Feelings Are Suppressed Energy Under Pressure. Allow them to be and decide to release them, up and out."

" Even more simply, release the feelings as soon as you notice them. "

" Allowing feelings to surface , float up and out , and decide to release / let go of them instantly . "

"Releasing is simply allowing the suppressed feelings to come up and go out—without resistance, without effort, without identification. It's not thinking it away; it's feeling it and letting it float away. When you do this consistently—especially from a high state—you dismantle the entire structure of ego, and what remains is your infinite beingness. "

“You hear that word allow? That's just the way it happens. Instead of holding it down or toying with it, you allow it up and out.”

"There is so much of it -- releasing occasionally helps but if you want to get it all out a huge accumulation, it's got to be constant it's in the Six Steps, you got to make it constant and all day long it's floating up and out you see the feeling and you see it release sort of like sitting back and watching the show go on."

"The way is simple and the way is easy. Let the feelings come up. Get them under approval or control and let them out."

"Taking a feeling up is tracing a feeling to a more basic feeling until you get the source feeling of wanting to control or wanting approval."

"The feelings comes up in waves, goes out. The waves stop and then you're finished."

3 core wantings described in The Original 1992 Sedona Method:

Category	Description	Synonyms - Positive/Wanting	Synonyms - Negative/Fear
Wanting Approval or Disapproval	feeling of not being worthy or good enough , fear of others' disapproval , intense neediness	Wanting love / acceptance/ admiration / caring/to be noticed/to be understood/to be stroked/to be nurtured/to be liked/to be	Wanting to be disliked/rejected/be looked down on/ to hide/to be misunderstood/to rebel/to be ignored

Category	Description	Synonyms - Positive/Wanting	Synonyms - Negative/Fear
		recognized/to be popular/	
Wanting Control or to be Controlled	Feels rigid, controlling, hard-edged and pushy --- Be controlled -- Feels like wanting to be taken care of .	Wanting to change/understand/ manipulate/push/fix/f orce something/to have it our way/to be right/to be on top/ to make it happen/to coerce	Wanting to change/be changed/to be confused/to be manipulated/ to be fixed/to be forced/to follow/to be the underdog/to blame/to be the victim
Wanting Security / Safety / survival or fear of death	Feels threatened and unsafe -- Survival -- Feels like wanting to give up, rejecting life .	Wanting safety/to survive/to get revenge/to protect ourselves and others/to attack/to defend/to kill/to be safe	Wanting danger to end it all/to expose ourselves and others/to be attacked/to be defenseless/to be killed/to be annihilated/ to be threatened

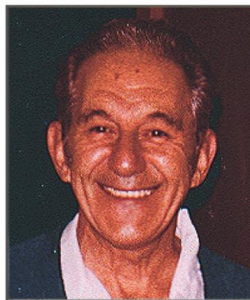
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Wind's talk on Lester Levenson Six Steps

Chat Log 4

2020.12

Thank you to Mr. Lester Levenson .



Lester Levenson
1909-1994

Gratitude and dedication to Mr. Lester Levenson, the Founder of The Sedona Method

(19 July 1909 — 18 January 1994)

As long as you want help, I will never leave you.

Now the "real me" sees you as the "real you". When I'm not here, not with you in this physical body, it is the real me helping you.

Anytime you ask for the real me, you will find the real me right there. What happens is *you raise yourself up* so that you can get the answers yourself. You must get them.

——Lester Levenson (1909-1994)

The golden key is the **"Six Steps" Lester Levenson** summarized as follows:

1. You must want freedom more than you want the world.

2. Decide that you CAN do the method (Release) and be imperturbable.
 3. See that all your feelings culminate in three wants, the want of approval, the want to control, and the want of security. See that immediately and immediately let go of the want of approval, the want to control and the want of security.
 4. Make it constant. Release all your wanting approval, wanting to control and wanting security when alone or with people.
 5. If you are stuck, let go of wanting to control the stuckness.
 6. Each time you use the method, you are lighter and happier. If you do this continually, you will continually be lighter and happier. Go back to Step 1.
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2020-12-01 Become a master, it's much more interesting than becoming famous

Feng 2020-12-01 11:22:46 I haven't completely not heard of this friend from Taiwan. Because I previously practiced the Pa-Auk meditation method. He's the best practitioner I've heard of. He specifically went to a meditation forest in Myanmar for intensive practice for a period, reaching the fourth *jhana* and even cultivating the formless attainments. Later, he

discovered this was useless for liberation, so he delved into *dependent origination* on his own, thus uncovering the Buddha's path of awareness, and became free. But he still had some "burnt ropes" like the Chan master Sunlun. Then that master said two sentences that let him release his limitations. Domestically, including Hong Kong, Macau, and Taiwan, only these two have attained liberation in recent years. Yeah, both are now free.

Tiancheng 2020-12-01 11:27:10 The master from Taiwan, did he awaken using the Buddha's method?

Feng 2020-12-01 11:27:28 Yes, but he discerned it himself through *pratyekabuddha*.

Feng 2020-12-01 11:27:39 He gave up the Pa-Auk method and observed the twelve links of *dependent origination* himself.

Tiancheng 2020-12-01 11:31:34 I changed my avatar. I don't want to become famous anymore either, because I'm going to become a master.

Feng 2020-12-01 11:32:46 Haha, become a master, it's much more interesting than becoming famous.

Tiancheng 2020-12-01 11:33:17 Yes. I will achieve it.

2020-12-01 Feng & Tiancheng - The Feeling of Separation

Tiancheng 2020-12-01 14:38:55 Lester Levenson, in *Goals and Winning*, said the first desire is the *desire to separate*. Why isn't this considered the first desire in the Release Method?

Feng 2020-12-01 14:39:11 Feeling of separation.

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Feng 2020-12-01 14:39:49 [Chat log between Feng and Tiancheng] 【Feng: I touched the feeling of separation beneath the fear of death. Feng: I know I'm nearing the end. Tiancheng: Is it the feeling of separation that drives the will to survive? Feng: Mm, it's the feeling of separation of "I exist as this body." 】

Tiancheng 2020-12-01 14:40:42 image[[52, 234, 738, 465]]

Tiancheng 2020-12-01 14:42:09 So, releasing the fear of death is simultaneously releasing the feeling of separation?

Feng 2020-12-01 14:43:09 Every release is releasing the feeling of separation.

Feng 2020-12-01 14:43:13 However, when you release from this baseline, you can become free in a few months. Continuous releasing will get you there. Given the momentum you have now, you can achieve it. As you keep releasing, you'll get high. From that high, you can release deeper and pull out the fear of death. When you let go of the fear of death, there will

be a much stronger agony—the feeling of separation. But because you've already released so much garbage, when you let go of the fear of death, you have the capacity to handle it and eliminate this feeling of separation, and then you're there ("There").

Feng 2020-12-01 14:43:56

After releasing the fear of death, you will encounter the feeling of separation.

At this point, it's a choice: choose to be infinite existence, or choose to be a separate individual. When you identify with your infinite existence, you immediately are that.

Tiancheng 2020-12-01 14:44:31 Is the work not finished after releasing the fear of death?

Feng 2020-12-01 14:44:42 If completely released, it's finished. When the feeling of separation emerges, you haven't completely released the fear of death yet.

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Feng 2020-12-01 14:46:06 [Chat log between Feng and Tiancheng] 【 Feng: I penetrated to the very last limitation inside. Tiancheng: Was it the feeling of separation? Feng: Mm, it was the feeling of separation. Feng: Then I retained just enough fear of death to hold onto the feeling of separation. 】

Feng 2020-12-01 14:46:16 I mentioned this to you before. If you want to hold onto the feeling of separation, you must retain a part of the fear of death; otherwise, the feeling of separation will dissipate. When you completely clear the fear of death, the mental program is completely erased.

Tiancheng 2020-12-01 14:47:04 When the feeling of separation is also cleared, does that mean reaching the state of "I am everything"?

Feng 2020-12-01 14:47:29 Infinite existence.

Tiancheng 2020-12-01 14:47:31 No more feeling of separation.

Feng 2020-12-01 14:47:47 Mm, you will no longer feel like "I am an individual." You will no longer feel yourself to be a body.

Tiancheng 2020-12-01 14:48:16 Even while still using a body.

Feng 2020-12-01 14:48:24 Mm. You watch the body move.

Tiancheng 2020-12-01 14:48:31 You just said, every release is releasing the feeling of separation.

Feng 2020-12-01 14:48:39 Yes. In constructing a mind—imagining it as a body. Therefore, everything you do, and everything we will continuously do before you attain freedom, is aimed at eliminating this feeling of separation. The feeling of separation is actually the *sense of ego*.

Tiancheng 2020-12-01 14:49:47 Could it also be said that what is being released is the sense of individuality? The feeling of being an individual.

Feng 2020-12-01 14:49:51 *Sense of self*. In *The Way*, they don't use the word *separation*; they use *sense of ego*.

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Sense of self. With every release, you are releasing your *sense of self*, recognizing that God acts through you.

Tiancheng 2020-12-01 14:51:11 Not me, but the Father works through me. This is a slogan I used to shout often.

Feng 2020-12-01 14:51:58 Release until it becomes experience.

Tiancheng 2020-12-01 14:52:01 Mm. Do you live in this experience now?

Feng 2020-12-01 14:52:39 Basically, I rarely use the mind to decide anything. But this isn't a negative feeling; it's a wonderful feeling of bliss.

Tiancheng: Mm, I want to experience it. I think your chat logs are quite numerous, but how can you pull up corresponding records so quickly every time?

Feng: For example, chapters from the *Bhagavad Gita*. Someone sent me a few pages yesterday, and I directly used them to answer another person's question.

Tiancheng: How do you do it? Intuition at work?

Feng: When you live in moment-to-moment knowing, this is very simple.

Tiancheng: Knowing, is that intuition?

Feng: The corresponding information always finds its way to me. Mm.

Tiancheng: Lester Levenson said intuition is at the back of the mind.

Feng: Then I just use it directly. I don't need to use my mind to search for answers.

Tiancheng: You still have some mental residue now, can you also directly use intuition?

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Feng: Still 70% to 80% intuitive operation. As you release, you will tend more and more towards using intuition.

Tiancheng:

Mm, the less mind, the more intuition. I have that feeling now too. 20~30% intuitive operation, I don't know if it's that much.

2020-12-01 Feng & Tiancheng - Is the *desire to separate* and the *feeling of separation* the same thing?

Tiancheng 2020-12-01 15:11:55 Is the *desire to separate* and the *feeling of separation* the same thing?

Feng 2020-12-01 15:12:57 Wanting to be a body, or the feeling of separation. Hale Dwoskin's problem is that he added this underlying thing into the questioning, which completely confused the method.

Tiancheng 2020-12-01 15:13:57 Added into the questioning, what does that mean? Treating the feeling of separation like *wanting approval*, and releasing it that way?

Feng 2020-12-01 15:14:29 Maybe there's no need to ask those questions at all. These questions can be used as a supplement after the guided questions you ask during practice, or you could even replace them directly. From now on, we won't ask questions like "Could you...?" and "When would you...?" anymore, because on a deeper level, we can make the decision to let go more quickly and spontaneously. Anyway, please try to use these questions to support your releasing whenever needed! As before, you can read the questions to yourself, or do it with a partner.

Step 1: Focus on your problem, then allow yourself to welcome whatever feeling is present.

Step 2: Dig a little deeper and see if the current feeling stems from some desire. Then ask yourself one of the following two questions: Does this feeling come from a desire for approval, control, safety/security, or separation? What desire is hiding behind this feeling? If you can't pinpoint exactly which desire is behind the feeling, or if you find that several desires are present simultaneously (often the case), pick one you feel is dominant, or one you're inclined to

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handle first, then proceed to Step 3.

Step 3: Ask yourself one of the following three questions: Could I allow myself to desire (approval, control, safety/security, separation)? Could I welcome my desire for (approval, control, safety/security, separation)? Could I let go of my desire for (approval, control, safety/security, separation)?

Feng 2020-12-01 15:14:43 This is what he wrote in his book.

Tiancheng 2020-12-01 15:16:05 Mm.

Feng 2020-12-01 15:16:19 There's another section.

Unity-Separation Paradigm

Handling the *desire for separation* and its opposite, the *desire for unity*, is key to releasing in relationships. Generally, in a relationship, one person tends to actively move closer while the other resists or flees. Roles may not be fixed and can often alternate. But regardless of which side you're on, you can improve the relationship through Release. For example, if you can let go of the desire to get closer, you'll find you actually become closer to the other person. Conversely, if you can let go of the desire to separate, you'll find you can be at ease with the current situation and no longer feel uneasy.

Please be mindful of your desires for unity and separation in your relationships from now on. You'll find that continuous releasing on this topic will greatly improve your relationships.

Tiancheng 2020-12-01 15:16:22 This is more complicated.

Feng 2020-12-01 15:16:32 This is wrong. He explained this as *wanting separation*, but it's actually just *wanting approval*.

Tiancheng 2020-12-01 15:16:50 Mm.

Feng 2020-12-01 15:17:49

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Hale Dwoskin made the same mistake of overusing the mind in *The Way*.

Tiancheng 2020-12-01 15:18:07 He explained this as *wanting separation*, but it's actually just *wanting approval*. I don't quite understand these two sentences. Treating the feeling of separation as *wanting separation*.

Feng 2020-12-01 15:18:41 He said that in a relationship, you either want to get closer or want to move away.

Tiancheng 2020-12-01 15:18:47 Oh, yes.

Feng 2020-12-01 15:18:52 He said this is *wanting unity* and *wanting separation*.

Tiancheng 2020-12-01 15:18:53 *Wanting approval*.

Feng 2020-12-01 15:18:57 But actually, it's just *wanting approval*.

Tiancheng 2020-12-01 15:19:03 Got it. This is a fundamental mistake, isn't it?

Tiancheng 2020-12-01 15:20:21 Does this mean... He hasn't actually practiced releasing the fear of death much? That's why he can't understand this feeling of separation?

Feng 2020-12-01 15:20:56 Mm. He hasn't actually released to that point.

Tiancheng 2020-12-01 15:21:11 How far did his releasing actually go?

Feng 2020-12-01 15:21:15 He tried to use his mind to explain Lester Levenson's concept of *separation*.

Tiancheng 2020-12-01 15:21:25 Mm.

Feng 2020-12-01 15:21:31 Student (Hale Dwoskin): Lester Levenson, lately I've been looking at all the concepts I hold, including the spiritual one—I am not this body. And then, there's something I'm doing now that I want you to help me verify if it's in the right direction. I want to follow that belief, because when I let go of that belief, I often feel worse. The inner experience regarding this concept becomes "it's just a concept." Lester Levenson: "I am not this body" acknowledges a body, doesn't it? This is the mind's trick. The mind just

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deceives you, destroys you, constricts you, making you continuously believe you are this infinitely small body. The mind's function is limitation. So when you let go of your mind, what remains is your Being. That's it. And it's right here now, without limitation.

Feng 2020-12-01 15:21:42 This is a conversation from *The Way*. Back then, he was already trying to follow the mind's beliefs.

Feng 2020-12-01 15:21:56 Lester Levenson dismissed it.

Tiancheng 2020-12-01 15:22:29 Mm. Do you know how far Hale Dwoskin got? Did he reach boundless consciousness?

Feng 2020-12-01 15:23:26 He didn't experience the Six Steps.

Tiancheng 2020-12-01 15:23:44 Mm.

Feng 2020-12-01 15:23:47 Therefore, he didn't reach *Nirbikalpa Samadhi*. He might have had some unitive experiences that led him to mistakenly believe he was on par with Lester Levenson.

Tiancheng 2020-12-01 15:24:07 Unitive experience, what is that?

Feng 2020-12-01 15:24:11 Therefore, he felt he could modify Lester Levenson's method.

Tiancheng 2020-12-01 15:24:21 Mm.

Feng 2020-12-01 15:24:40 Unitive experiences are just preliminary experiences before *samadhi*. *Samadhi* is the true unitive experience. But *Sabikalpa Samadhi* still has seeds.

Tiancheng 2020-12-01 15:25:05 Is the *samadhi* mentioned here *Nirbikalpa Samadhi*?

Feng 2020-12-01 15:25:12 Even if you experience *Sabikalpa Samadhi*, you can still fall back.

Tiancheng 2020-12-01 15:25:32 He didn't even reach *Sabikalpa Samadhi*?

Feng 2020-12-01 15:25:33 Therefore, experiences of union with the Infinite can never be used to gauge spiritual level. He might have reached *Sabikalpa Samadhi*. But it's impossible he reached *Nirbikalpa Samadhi*.

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Unitive experience with the Infinite is the unitive experience? Mm.

Feng 2020-12-01 15:26:16 Nowadays, Hale Dwoskin probably can't enter *samadhi* anymore, whether with or without seeds.

Tiancheng 2020-12-01 15:26:24 Why?

Feng 2020-12-01 15:26:35 He modified the method.

Tiancheng 2020-12-01 15:26:43 Mm.

Feng 2020-12-01 15:26:55 He mistakenly believed that what he experienced in his unitive experiences was the ultimate.

Tiancheng 2020-12-01 15:27:01 If he still feels pain...

Feng 2020-12-01 15:27:16 Therefore, he translated his own understanding into a set of methods using his mind.

Tiancheng 2020-12-01 15:27:18 Would he return to Lester Levenson's original teachings? Is it possible?

Feng 2020-12-01 15:27:32 Triple Welcoming, the Fifth Release Method, etc.

Tiancheng 2020-12-01 15:27:36 Because without freedom, there is pain.

Feng 2020-12-01 15:27:59 And what he shares now emphasizes welcoming the present situation.

Tiancheng 2020-12-01 15:28:04 Mm.

Feng 2020-12-01 15:28:09 Or discovering the perfection of the present moment.

Tiancheng 2020-12-01 15:28:18 Have you seen his current teachings?

Feng 2020-12-01 15:28:40 I used to follow Hale Dwoskin's YouTube channel. His recent videos are all this type.

Tiancheng 2020-12-01 15:28:57 Mm.

Feng 2020-12-01 15:29:24 And he has a Tantric *mandala* hanging behind him.

Tiancheng 2020-12-01 15:29:55 Yeah, I thought it was strange when I saw his website before. I wondered why he had something like that hanging.

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Feng 2020-12-01 15:30:15 He also emails students recommending Qigong, saying he's practiced it for many years and it can assist Releasing, *Chinese qigong*.

Tiancheng 2020-12-01 15:31:16 Which specific type of *samadhi*?

Feng 2020-12-01 15:31:22 Early students like Lloyd, including Hale Dwoskin, seem never able to understand Lester Levenson's divine greatness. *Sabikalpa Samadhi*.

Tiancheng 2020-12-01 15:31:33 Mm.

Feng 2020-12-01 15:31:41 *Nirbikalpa Samadhi* is more than just unitive experience can describe.

Tiancheng 2020-12-01 15:31:51 Mm.

Feng 2020-12-01 15:32:08 In his final years, Yogananda used the pronoun "I" like Jesus: not referring to himself as a person, but to the consciousness of God dwelling in his heart. Disciples who followed him early on, like Laurie Pratt, couldn't accept or even understand the impersonal intention behind the Master's external presentation in his later years.

In fact, she even laughed at some of the Master's peculiarities, as if he were just an ordinary person. She once said to me, "Every time I think I understand him, he becomes incomprehensible again." I was surprised she even thought about trying to understand the Master—as if trying to figure him out, like analyzing a person. I knew Laurie really thought that way, because she had also analyzed me like that. "Everything," she once said to Daya Mata, "we must strive to understand, 'What is his purpose?'" But our Master had no "purpose," except the desire to help everyone. Does behavior without purpose like this need to be analyzed? Does the ocean need to be understood? Even I, I seek nothing except to help in his work.

Laurie also mocked the Master's request for people to come together to form spiritual communities as impractical. Yet this was clearly one of the most fundamental aspects of his

earthly mission! He said this would become a way of life in the future. That year, when I built the first building at Ananda and began preparing the retreat grounds, Laurie Pratt (then known as Daya) suffered a severe stroke and died two years later. A plausible explanation is that her stroke was caused by intense anger, and the reason for her anger was that I dared to be so "presumptuous" as to openly disregard her opposition and build a community.

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However, now more than forty years have passed since the founding of Ananda, and I can say with certainty that the Master's dream was very realistic; the vast majority of Ananda residents have no desire to move elsewhere.

Laurie Pratt's example might be helpful to many. Therefore, please let me, who understands this matter, tell this story. At the same time, I need to add that I have always considered her a great saint.

During the Christmas retreat in 1949, the Master made predictions about several of his close disciples. Regarding Laurie Pratt, he said: "Laurie, you have finished editing *Autobiography of a Yogi*, you will realize God."

I was once puzzled by this prophecy, because it seemed to me that Laurie was very arrogant and opinionated. In fact, she was my adversary, having schemed to have me ousted from the Self-Realization Fellowship. I was quite sure that many of the charges she brought against me were untrue, but when I told her, "What you're saying isn't true," she dismissed it contemptuously but shouted very loudly, "I don't need your opinion!"

I have reason to believe she had reached a certain spiritual height. But "*samadhi*," or union with God, has two stages, as the Master once explained to me. The first stage is called *Sabikalpa Samadhi*, in which one can still fall spiritually, because the ego-sense hasn't been completely overcome.

Speaking of the Master's early disciples: some never seemed able to understand his divine greatness. For them, the Master was a person, but for those of us who came to him later, he was not. For instance, Dr. Lewis told me that when he was young, he wrestled with the Master many times. "Did you win?" I asked. "Well," said the doctor, with a triumphant but very serious expression, "I let him win." I laughed and said nothing. Like the great master Ku, the Master could lift an entire mountain with his little finger without effort; of course he could win a wrestling match if he wanted to! In the presence of a true sage, it's best to assume he has supernatural abilities, not to speculate on his unreliability.

Kriyananda lamented that Yogananda's early disciples never seemed able to understand the Master's divine greatness, while those of us who joined later were different.

Tiancheng 2020-12-01 15:33:10 Why, having lived with the Master, were they still unable to recognize him as a Master?

Feng 2020-12-01 15:33:22 She attained *Sabikalpa Samadhi*, but did not attain *Nirbikalpa Samadhi*.

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Therefore, she experienced boundless consciousness, thought herself omniscient, yet was still operated by the sense of self.

Kriyananda lamented that Yogananda's early disciples never seemed able to understand the Master's divine greatness, while those of us who joined later were different.

I think the same applies to Lester Levenson.

Feng 2020-12-01 15:33:32 Students who created the Release Method with Lester Levenson in the early days never seemed able to understand Lester Levenson's level.

Feng 2020-12-01 15:33:36 For example, on her homepage, Lloyd doesn't mention Lester Levenson at all; she even seems to think she created the Release Method herself. Laurie was the editor of *Autobiography of a Yogi*. Hawkins also didn't understand Lester Levenson, I see. Even Hale Dwoskin doesn't really understand Lester Levenson's greatness; he even thinks he can modify it.

Feng 2020-12-01 15:34:26 And in the book, using phrases like "this might stem from his own experience" to talk about Lester Levenson's Releasing.

Tiancheng 2020-12-01 15:34:31 The one with the energy chart?

Feng 2020-12-01 15:34:32 He didn't understand that the Master is always right, whereas Stephen understands this point. Mm.

Tiancheng 2020-12-01 15:35:29 Before, I envied Hale Dwoskin so much for having a master like Lester Levenson.

Feng 2020-12-01 15:35:15 He was also Lester Levenson's student. He plagiarized the emotional chart, made some modifications and additions, and it became the Hawkins Energy Level scale. He also wrote about the Release Method in his book. But he didn't mention Lester Levenson at all.

Tiancheng 2020-12-01 15:35:28 Haw?

Tiancheng 2020-12-01 15:35:39 Mm.

Feng 2020-12-01 15:35:40 [Laughing]

Tiancheng 2020-12-01 15:35:44 [Laughing]

Feng 2020-12-01 15:35:50 He also wrote about the Release Method in his book.

Tiancheng 2020-12-01 15:35:52 Mm.

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Tiancheng 2020-12-01 15:35:55 Hale Dwoskin really didn't cherish the master.

Feng 2020-12-01 15:35:58 But only mentioned Lester Levenson not at all.

Tiancheng 2020-12-01 15:36:01 Huh?

Feng 2020-12-01 15:36:01 Mm. So the Release Method actually doesn't have a copyright per se.

Tiancheng 2020-12-01 15:36:09 Wasn't it given to Hale Dwoskin?

Feng 2020-12-01 15:36:18 Only the copyright for some video and audio materials.

Tiancheng 2020-12-01 15:36:20 I once thought about establishing an organization in China to freely disseminate the original Release Method. At the time, I wondered, what if Hale Dwoskin came to sue us?

Feng 2020-12-01 15:36:24 After you Release, you might not have this thought anymore.

Tiancheng 2020-12-01 15:36:30 Mm. If we were to do it, would Hale Dwoskin have the right to sue? Legally?

Tiancheng 2020-12-01 15:36:33 Rights.

Feng 2020-12-01 15:36:34 There are currently about 100 students in the US teaching the original version of the Release Method in small circles. No.

Tiancheng 2020-12-01 15:36:36 100, that many?

Feng 2020-12-01 15:36:40 Among them, I know of one who teaches completely for free.

Tiancheng 2020-12-01 15:37:20 Does the copyright for the 1992 teaching videos belong to Hale Dwoskin?

Feng 2020-12-01 15:37:29 He said, Lester Levenson taught me for so many years and never charged me a cent, so I won't charge either.

Tiancheng 2020-12-01 15:37:50 Right.

Feng 2020-12-01 15:37:52 Ralph.

Tiancheng 2020-12-01 15:38:00 Does he accept donations?

Feng 2020-12-01 15:38:30 I haven't paid much attention.

Tiancheng 2020-12-01 15:38:35 Mm.

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Feng 2020-12-01 15:39:29 Bethlehem told me this.

Tiancheng 2020-12-01 15:40:00 Mm.

Feng 2020-12-01 15:41:29 In fact, the people truly teaching Lester Levenson's original Release Method are a very small niche.

Tiancheng 2020-12-01 15:42:16 Does the copyright for the 1992 teaching videos belong to Hale Dwoskin?

Feng 2020-12-01 15:42:30 Stephen is also niche. The copyright should have expired; otherwise, it couldn't be uploaded to YouTube.

Tiancheng 2020-12-01 15:42:50 There's an expiration date?

Feng 2020-12-01 15:43:19 Or maybe there's no copyright at all. Including the audios Larry Crane (Lawrence Crane) sells.

Tiancheng 2020-12-01 15:43:40 Also Lester Levenson's audios?

Feng 2020-12-01 15:43:50 The Lester Levenson audios on YouTube now are all the ones Larry Crane (Lawrence Crane) sells.

Tiancheng 2020-12-01 15:44:00 Oh, I see. Larry Crane (Lawrence Crane) doesn't have copyright over these Lester Levenson audios.

Feng 2020-12-01 15:44:40 Therefore, there's no copyright issue.

Tiancheng 2020-12-01 15:45:05 Okay.

Feng 2020-12-01 15:45:10 But I still don't recommend institutionalization.

Tiancheng 2020-12-01 15:45:15 Mm. What's your suggestion?

Feng 2020-12-01 15:45:18 I also had the idea of establishing a free dissemination organization at the time. As I Released, it disappeared.

Tiancheng 2020-12-01 15:45:19 Mm.

Feng 2020-12-01 15:45:20 Because I saw that this is a niche method. My suggestion is to Release yourself and attain freedom.

Tiancheng 2020-12-01 15:45:25 Mm.

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Feng 2020-12-01 15:45:30 After becoming free, go play on Mars, don't just stay stuck on Earth.

Tiancheng 2020-12-01 15:45:35 And if someone needs it, you can teach them.

Feng 2020-12-01 15:45:38 Mm, only share when people need it.

Tiancheng 2020-12-01 15:45:40 Mm. Did you know this from *samadhi*?

Feng 2020-12-01 15:45:45 Yes.

Tiancheng 2020-12-01 15:45:48 Is this the destiny of the Release Method?

Feng 2020-12-01 15:45:50 The key point is that not many people actually want freedom.

Tiancheng 2020-12-01 15:45:55 Mm.

Feng 2020-12-01 15:45:56 The distortion of this method was inevitable. Lester Levenson didn't force the whole world to learn the Release Method.

Tiancheng 2020-12-01 15:46:24 Mm.

Feng 2020-12-01 15:46:28 He knew perfectly well that Hale Dwoskin would modify the method. I remember he said to a student that Hale Dwoskin would go astray in the future. But Hale Dwoskin's task was merely to spread the Release Method globally. For example, China only learned about the Release Method because of Hale Dwoskin and Larry Crane (Lawrence Crane).

Tiancheng 2020-12-01 15:47:28 Yes.

Feng 2020-12-01 15:47:38 Then, among those, some who truly want freedom will naturally find Stephen and others. They will naturally find the '92 course. They will naturally find its original version.

Tiancheng 2020-12-01 15:48:04 Mm.

Feng 2020-12-01 15:48:15 He certainly also knew that I would translate *The Way*.

Tiancheng 2020-12-01 15:48:52 Has Lester Levenson ever appeared in your *samadhi* experiences?

Feng 2020-12-01 15:49:14 Lester Levenson is a *Paramukta*, a *Siddha*.

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He won't appear in a form anymore.

Feng 2020-12-01 15:49:37 But I can feel him all the time.

Tiancheng 2020-12-01 15:50:04 When did you start feeling him during your Releasing?

Feng 2020-12-01 15:50:32 I didn't deliberately try to feel him. Until one day, in *samadhi*, I meditated on Yogananda. Then I thought, why not meditate on Lester Levenson? The moment this thought arose, I immediately realized he was right beside me. He had always been there.

Tiancheng 2020-12-01 15:51:30 Did you see Yogananda?

Feng 2020-12-01 15:51:52 I saw Yogananda. A vast amount of information appeared before me. Then I followed inner guidance and read a few books.

Tiancheng 2020-12-01 15:52:20 What message did he convey to you?

Feng 2020-12-01 15:52:36 After that, I began using yogic science to explain my experiences.

Tiancheng 2020-12-01 15:52:52 Mm.

Feng 2020-12-01 15:53:05 So, I experienced it first, then received guidance, and then found a way to explain it.

Tiancheng 2020-12-01 15:53:36 Mm.

2020-12-02 Implement the Six Steps, do them continuously, it will gradually strengthen the momentum towards freedom, thereby completely achieving the First Step

Huixuan 2020-12-02 21:46:13 Teacher Feng, the Six Steps require achieving the First Step first, but I don't know how to achieve it. Can the order of the Six Steps be interchanged?

Feng 2020-12-02 21:47:38 The Six Steps are achieved through continuous Releasing. You must continuously derive pleasure from the Sixth Step to achieve the First Step. Initially, all Six Steps are useful. When you don't want to Release, remind yourself of the First Step. Then decide to Release, that's the Second Step.

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Directly Release *wanting control* and *approval*, that's the Third Step. Continuous Releasing, maintaining continuity, that's the Fourth Step. When stuck, Release the *wanting control* over being stuck, that's the Fifth Step. Feeling more pleasant and lighter with each Release, that's the Sixth Step. Implement the Six Steps, keep doing them, it will gradually strengthen the momentum towards freedom, thereby completely achieving the First Step.

Yixuan 2020-12-02 21:54:54 I think as long as you Release, these Six Steps happen naturally, like breathing, no need to be reminded, right? Is my understanding correct? Could the First Step be considered a wish, the Second Step a preparation to act upon that wish,

the Third, Fourth, and Fifth Steps the action process, and the Sixth Step the result of the action? Is this understanding correct?

Feng 2020-12-02 22:00:33 Reminders are needed because the Six Steps are easily forgotten. The moment you're not in the Six Steps, you're not continuously Releasing. As long as you are truly continuously Releasing, you must be following the Six Steps.

Yixuan 2020-12-02 22:02:18 Releasing continuously isn't necessarily continuous Releasing. If you're stuck and use the Fifth Step, that's still continuous Releasing, right?

Feng 2020-12-02 22:04:35 If you're stuck, using the Fifth Step is continuous Releasing. If you're stuck, and you remain stuck continuously, that is not continuous Releasing.

Yixuan 2020-12-02 22:06:28 When I don't want to Release, reminding myself of the First Step doesn't give me much feeling. On the contrary, reminding myself that I want to change myself, that I want everything to get better, gives me more motivation.

Feng 2020-12-02 22:07:31 That works too. Releasing can make you freer. Freedom includes everything. Just provide a motivation for Releasing. *Wanting approval* will develop into *wanting control*. When you feel *wanting approval*, Release the *wanting approval*. When you Release *wanting control*, *wanting approval* becomes more apparent. When you've Released enough *wanting approval* and *wanting control*, *wanting safety* becomes apparent. If you don't Release *wanting safety*, *wanting approval* and *control* will be developed again, leading to an endless cycle. So only by continuously Releasing *wanting control* and *approval*, and then continuously Releasing *wanting safety*, can you reach the end.

Feng 2020-12-02 22:18:05 Implement the Six Steps, everyone can be free.

Yixuan 2020-12-02 22:19:07 If you keep Releasing continuously, you're always within the Six Steps, and you will become free.

Feng 2020-12-02 22:19:22 Yes.

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Yixuan 2020-12-02 22:20:20 As long as you're within the Six Steps, you're Releasing continuously. Can it also be understood this way?

Feng 2020-12-02 22:21:47 Yes. Use the Six Steps to check. As long as you're within the Six Steps, you can become free.

2020-12-04 Feng & Tiancheng - How to use the First and Second Steps

Tiancheng 2020-12-04 17:08:09 I spent quite a bit of time Releasing today, but found that most of the time I was stuck. Later, I realized I was stuck in discouragement. It felt like being endlessly stuck.

Feng 2020-12-04 17:09:26 Mm, you're trying to *control* the Releasing process, which causes the stuck feeling. Keep using the Fifth Step to Release.

Tiancheng 2020-12-04 17:09:48 Mm. Should I use the First and Second Steps? I find I can use the Fifth Step, but still feel like I can't Release.

Feng 2020-12-04 17:11:19 If you're unwilling to Release, use the First Step.

Tiancheng 2020-12-04 17:11:45 How do I use the First Step?

Feng 2020-12-04 17:11:46 For example, if you want to do something else, it means you want to suppress the feeling. You want to seek *control* and *approval* elsewhere. At this moment, you need to determine: do you want freedom? If you just continue Releasing, you can be free.

Tiancheng 2020-12-04 17:13:01 What about the Second Step? How to use it?

Feng 2020-12-04 17:14:18 It's just a decision. Now you decide to Release.

Tiancheng 2020-12-04 17:14:54 Okay. I'll go Release again.

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2020-12-05 Aversion and Attachment

Feng 2020-12-05 21:01:13 In Releasing, you will naturally discover that the world is suffering, and all joy comes from infinite existence. What causes you pain is just aversion to the world. That's not wanting freedom; it's called aversion to the world. Aversion and attachment are two sides of the same coin.

I am infinite 2020-12-05 21:01:19 For aversion and attachment, should we directly Release this feeling, or should we Release the *wanting control* and *wanting approval* towards these two feelings?

Feng 2020-12-05 21:01:24 *Wanting control* is a desire, right? *Desire*. What *the right path* talks about is *desire and aversion*. That is, *attachment and aversion*. So *desire* is *attachment*. Wanting this, wanting that, that's attachment, also desire. It also has an opposite direction, which is *aversion*. Not wanting (averse to) this, not wanting (averse to) that.

I am infinite 2020-12-05 21:01:35 So attachment and aversion are extremely pure feelings of wanting and not wanting, right?

Feng 2020-12-05 21:01:41 So whether it's wanting or not wanting, it's the same thing. Mm. Actually, there are still three things: *wanting control*, *wanting approval*, *wanting safety*.

2020-12-07 The future depends solely on your decision at this moment

Feng 2020-12-07 10:22:02 Yes, *take full responsibility*. The key issue is that you understand the future as something you cannot control, a matter of chance. Actually, it's not. The future depends solely on your decision at this moment. The decisions you make now will manifest in the future.

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So you have complete control over this. As long as you Release now, you might forget in a few days, but if you use it whenever you remember, you'll use it more and more frequently.

Xiong Wei 2020-12-07 10:24:02 So just set a time, like the group leader said, if you can't do 24 hours, start with 24 minutes.

Feng 2020-12-07 10:24:36 Releasing isn't that difficult. We're just used to suppressing, so we think Releasing is difficult.

2020-12-07 The difference between the subconscious and conscious mind lies simply in whether you look at it now

Feng 2020-12-07 10:12:29 The world isn't like that. A person's behavior has no chance. All behaviors are autonomous, driven by internal motivations. The difference between the subconscious and conscious mind lies simply in whether you look at it now. The occurrence of all future experiences depends on the decisions made now. Decide now to Release the *wanting control* over future situations (i.e., the lack of control), and you will definitely be able to control the future. Decide now to maintain *wanting control*, and you will definitely not be able to control the future. It's that simple. There is no chance in the future.

Xiong Wei 2020-12-07 10:21:41 So, Release the problem you realize now. Don't worry about whether you'll remember later. Just pick up the weapon and do it now.

2020-12-07 The future depends solely on your decision at this moment

Feng 2020-12-07 10:22:02 Yes, *take full responsibility*. The key issue is that you understand the future as something you cannot control, a matter of chance. Actually, it's not. The future depends solely on your decision at this moment. The decisions you make now will manifest in the future. So you have complete control over this. As long as you Release now, you might forget in a few days, but if you use it whenever you remember, you'll use it more and more frequently.

Xiong Wei 2020-12-07 10:24:02 So just set a time, like the group leader said, if you can't do 24 hours, start with 24 minutes.

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2020-12-07 One Release equals months of meditation

Tiancheng 2020-12-07 11:41:16

Tiancheng 2020-12-07 11:41:16 "The nine categories of emotions are driven by two basic feelings, namely *wanting control* and *wanting approval*. Traditional methods of entering stillness generally achieve superficial calmness through concentration, which makes you feel better but doesn't remove any programs. If these programs remain in the subconscious, they will dominate your karma. If you look at them, they will be brought out and Released. Releasing *wanting control* and *approval* is a shortcut; it clears away thousands of programs. One Release equals months of meditation, equals hundreds of years of natural evolution. Different times have different methods revealed by masters, and the Release Method is the only simple and feasible method in the world today."

Tiancheng 2020-12-07 11:41:28 **Tiancheng** 2020-12-07 11:41:28 "Implement the Six Steps, Release for a month, and you will gain the ability of life. The three questions are used for Releasing emotions. Releasing emotions is just an entry. The real major step requires you to continuously Release *wanting control*, *wanting approval*, until the fear of death emerges. When the fear of death emerges, Release for a week and you'll be free. When Releasing desires, once you become aware of *wanting control* and *approval*, there is a natural tendency to let go. Therefore, only one question is needed. Use the Releasing process. The Release Method is a scientific approach. Using this process to implement the Six Steps allows you to reach the end quickly."

Tiancheng 2020-12-07 11:41:41 Amazing.

2020-12-09 Goal Releasing Process

I am infinite 2020-12-09 12:29:23 [Link: Goals and winning You must win the goal <https://mp.weixin.qq.com/s/01-DQFePFSrFFF99DKnHw>]

Roller 2020-12-09 12:29:24 Don't suppress your wants, don't suppress your emotions. Get what you want through the Release Method. This is Lester Levenson's favorite teaching! Actually, I'm also verifying it myself. Isn't the Release Method omnipotent?

Qingxi 2020-12-09 12:29:32 You all want a lot. What have you manifested so far? Share it.

Roller 2020-12-09 12:29:41 Not yet [Funny], and our experiences are just our experiences. Why don't you go and achieve it yourself?

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I am infinite 2020-12-09 12:29:50 So achieving goals is very important. The prerequisite is to do it through Releasing.

Roller 2020-12-09 12:29:54 Yes, just use Release to get everything you want.

I am infinite 2020-12-09 12:30:01 This will bring out all your limiting beliefs.

Roller 2020-12-09 12:30:18 Goal Releasing is a very important part. Those in the group who have learned it can set goals and Release them. I challenge you all: let's see who achieves their first goal just through Releasing first?

I am infinite 2020-12-09 12:30:52 Goals are a good way to test your own Releasing, and also give you motivation to keep going.

Roller 2020-12-09 12:30:59 When it happens, send red packets in the group. I'll post the key points of Goal Releasing in the group for everyone to learn.

Roller 2020-12-09 12:31:16 **Goal Releasing (Video 4)**

1. **Steps:** Write down your goal (in the present tense). Then look at your goal. Release your *first feeling* about the goal. Okay, that's it. It's that simple. Once the first feeling is Released, look at your goal again. Release the current first feeling again. Continue until you feel the goal has already been achieved. Note: it's "already achieved."
2. **Detailed explanation and experience sharing:** Actually, I've basically repeated almost all the content above. The rest is just repeated guidance. The original Release Method is really simple. I can translate their wording. Mine is a summary version. I used to set goals and Release many times. Nowadays, I rarely set goals because I find there's not much I truly want. Let me share my experience with goals.

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Goals are a way to keep you Releasing continuously. When you look at the goal, as long as you don't deceive yourself, a lot of feelings like "impossible" will emerge. Of course, there will also be some anger, grief, and other feelings. All kinds of emotions. Release them one by one according to the process. After Releasing, there is a clear and certain feeling, a "knowing" that it is mine.

Just look at the goal, and Release one emotion as it comes up. Look at the goal again. Has it reached the state of "already achieved"? If not, then there must be *wanting control* and *wanting approval* (emotionally felt as powerlessness, craving, anger, fear, etc.). Release the topmost feeling again. One by one until it's all cleared. In my personal experience, continuing like this, you will reach a state of "I am very confident the goal will succeed." But this state is not enough. This state still needs to be Released. This should be around the levels of pride/courage and fearlessness. I've tested the goal process many times. Generally speaking, beneath the emotion of "I believe it will definitely be realized," there are many subconscious emotions. After Releasing, many more will emerge. What does it feel like when a goal is completely Released? At that moment, you *know* (without thinking, without believing) that the goal is already yours, very clear and certain, as if it's right in front of you. At this point, you won't want to do anything to get it. Because you are completely sure it's already yours. I usually won't think about it anymore. I'll go do other things. Then it naturally comes. This goal process works almost every time. You can start with small things. Lester

Levenson said, if you can't be a winner, that feeling of failure will stay with you. So once you set a goal, you must achieve it. Therefore, don't set it too big at the beginning. Don't let it intimidate you. Accumulate Releasing momentum by achieving small goals. Write down your gains with each success. This way, you'll get better and better at using the goal process.
~From Feng's contribution

2020-12-09 Motivation for growth: one is pain, the other is joy

Feng 2020-12-09 22:45:21

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Lester Levenson also explained your question in detail.

There are two motivations for growth

One is pain, like someone whipping your body from behind.

The other is joy

What is the only source of joy? It's when the mind quiets down, allowing your infinite existence to reveal itself a little more. Is the joy you get from food from the food? No, it's because when you chew food, your mind temporarily quiets down.

ZOEY 2020-12-09 22:45:34 @Feng Thank you. How should I understand this feeling of the world speeding up?

Feng 2020-12-09 22:45:47 Is the joy you get from sex from sex? No. The reason sex can make people happy is that it can temporarily quiet the mind for a moment. The First Step of the Six Steps is essentially very simple. It's not easy to fully achieve it, but the way to start is simple.

Let me post a summary from Lester Levenson in *The Way 2*.

"So, what do you need to do? I summarized it in the previous four-day course. First, you want freedom more than you want the world. Accordingly, you should get all your joy from yourself, from within, through Releasing. This is Course 1. Course 2 is: You must make the decision for freedom, and then you do it. However, if you make the decision for freedom, you will do it. It's simple. If you are not free, then you haven't truly made the decision for freedom. Because once you make that decision once, everything you do afterwards will be oriented towards freedom. The most basic thing is continuous Releasing. The third course is to directly face the fear of death and Release it. Directly Release the fear of death. As you know, beneath approval and control lies the fear of death. So, get rid of this deepest driver, and you're done. The fourth is, from now on, get everything you want through Releasing. I guess this is the most practical of these four. How successful are you? Most of the time, are

you still doing things with the ego's perspective? Remember, when we do things through Releasing, it is effortless. If you put in effort, it's ego-driven."

Lester Levenson's favorite is the fourth one.

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Get everything you want through Releasing. Why? It's simple. A free being is completely desireless. If you still have wants, you are not free. Suppressing your wants, can that make you completely desireless? No. It will only make your desires drive you from the subconscious level, causing you to detest the world. This leads to an even stronger expression of desire. Therefore, you can only Release them. Write down all your wants, and achieve them all through Releasing. 'All' means all.

Chashui Shuijing 2020-12-09 22:48:06 Want — lack. Allow — already have, inherently sufficient, manifest anytime. The practice book mentioned this.

Feng 2020-12-09 22:48:19 Suppressing desire is not desirelessness.

Zheng Lianglong Da Bao 2020-12-09 22:48:25 Mm.

Feng 2020-12-09 22:48:29 Feeling drowsy is normal. Because you want to escape the feeling. No need to use energy to fight it. When your mind starts wandering, you need to Release your *wanting control* over it. Use the simplest process. That means you still want to control. Release again. You might not completely Release the *wanting control* in one go.

ZOEY 2020-12-09 22:48:33 Okay.

Feng 2020-12-09 22:48:44 So you need to Release the *wanting control* over it several times. You need to Release until you are completely sure it will be realized. The greatest function of Goal Releasing is not the goal itself.

Feng 2020-12-09 22:48:44 So you need to Release the *wanting control* over it several times. You need to Release until you are completely sure it will be realized. The greatest function of Goal Releasing is not the goal itself.

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There are only the Six Steps. I won't say anything new. Anything outside the Six Steps is causing you to deviate from this perfect map.

Zizai 2020-12-09 22:48:52 @Feng Excuse me, is the criterion for successful Release based on mood moving up?

Feng 2020-12-09 22:49:07 Yes. The greatest function of Goal Releasing is not the goal itself, but to make you understand that you are the master of matter. You have to prove to yourself that you have that ability. If you really don't want this goal anymore, then switch to one you truly want. But you have to achieve it; you can't keep putting it off. You can't let

failure become the norm. You can Release for what you want most right now. Get it. Then you will discover that it cannot bring you joy. You continue moving forward, Release for a new goal. You will discover that there is no joy in this either. Finally, you'll only have one direction left: freedom. Why do this? Because right now you only theoretically know the source of joy, not truly experience it. Before you truly experience it, even if you shout slogans of freedom, your behavior will go in the opposite direction. The more you Release, the more obstacles you feel; this is normal. The deeper you go, the more you'll encounter stubborn programs. At this point, just remember the Six Steps and treat every Release as if it were your first. Any feeling is just a feeling. Yes, go and experience it, using Lester Levenson's favorite teaching.

ZOEY 2020-12-09 22:49:57 This enlightens me.

Yan 2020-12-09 22:50:10 Mm, Release this feeling of not wanting to Release, this feeling of regression.

Feng 2020-12-09 22:50:14 *get everything by releasing only.*

ZOEY 2020-12-09 22:50:21 Let go of the mind's various attempts to figure things out (*wanting control*).

Feng 2020-12-09 22:50:30 Shouting slogans of wanting freedom now is useless. Because if you see an attractive异性, delicious food, a nice house or car, or even an interesting video, you will still be attracted away. Do you want to know why you get attracted away? Because at the experiential level, you believe there is joy in those things. Repeating theory ten thousand times on the conscious level won't truly make you change direction. But if you truly discover that the source of all joy is one (the mind quiets down, your infinite existence reveals itself),

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Then you will change direction. So, Lester Levenson thinks the most practical way is for you to get everything you want through Releasing. Why? Because you live in wanting. You want this, want that, non-stop. This keeps you Releasing until you Release all wants. Through Release, only through Release.

Well, she had to go out and look for a job, she had to go to an agent, she just couldn't sit down and wait. Q: Had to go out and look for a job, go to an agency, she couldn't just sit and wait.

Lester Levenson: I say all she had to do was to let go and be herself. Then even if she locked herself in a chamber somewhere, the things would have come to her. You don't sit down and wait, you don't do anything. Just let go of the sense of doer ship. You just know that everything is perfect and then the slightest thought you have will quickly come into being. There's no limitation on God, the Self. Whatever you thought, would have to come into being if you let go, because you're invoking your infinite power, your Self. Nothing can stop it! A: I say what she really needs to do is let go and be herself. Then even if she locked herself in a room, what she wants would come to her automatically. Don't wait, don't do

anything else, just Release the feeling of wanting to do. You already know everything is perfect, then even the slightest thought will come true. God is infinite, the Self is infinite. If you Release, whatever you think will come true, because you activate your infinite power, your Self. Nothing can stop it!

But at the same time you have to struggle to get some action. Q: But you also have to take action.

Lester Levenson: No, I said just the opposite, I say lock yourself in a chamber and padlock the outside of it and if you do what I'm saying you'll find that it will be effected. It has to be. Nothing can stop it! Omnipotence is invoked! A: No, I said the exact opposite. I said lock yourself in a room and put a padlock on the outside, and if you do what I say, you'll find it works, and it must be so. Nothing can stop it, because omnipotence is activated!

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Lester Levenson's meaning is very radical; he means that by merely Releasing, locking yourself in a room, it will still manifest. So pay attention to this. It has nothing to do with action. You don't need to consider how to act at all. When you find yourself considering action, notice your feeling is still "I don't have it," and continue Releasing. You're welcome. Just do it directly, don't procrastinate.

ZOEY 2020-12-09 22:52:00 I stubbornly have the feeling of "not believing in a free lunch," even doubting the Release Method. Should I Release the *wanting control* over this doubt? This is a major block for me; I can't proceed past this point. @Feng

Feng 2020-12-09 22:52:11 This is just a feeling, isn't it?

ZOEY 2020-12-09 22:52:14 Yes, doubt — fear. Thank you! [Fist in palm][Fist in palm] Everything is just a feeling.. @Feng

Feng 2020-12-09 22:52:19 Your God is yourself. Release the most superficial one. Then the next feeling will surface. As long as you keep Releasing, you can Release it cleanly. When you're *纠结* about which one to Release, you could have already Released them all by now. It's feasible. Lester Levenson's students Hale Dwoskin and Stephen both got their wives this way. All feelings are *wanting control* and *approval*. They are all driven by *wanting to survive*. So, in the simplest terms, all three are present.

Zi 2020-12-09 22:52:48 Okay, I'll try and see.

Luo Wanyu 2020-12-09 22:52:51 Reaching freedom through Release is the only way.

2020-12-10 Stuck: First, face this feeling of being stuck, then release the *wanting to change* it

Feng 2020-12-10 16:28:00 I'm not the group leader. If you have questions, you can @ mention.

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Change the name.

Me 2020-12-10 16:28:15 @Feng Teacher Feng, why is it so hard to Release successfully? Once a day would be good.

Feng 2020-12-10 16:28:50 You're not implementing the Six Steps.

Me 2020-12-10 16:29:32 I don't think I'm stuck either.

Feng 2020-12-10 16:29:54 If you can't Release, isn't that being stuck?

Me 2020-12-10 16:32:00 I'm implementing the Six Steps! If I didn't follow the Six Steps, I wouldn't succeed even once. [Sweat]

Feng 2020-12-10 16:36:15 Do you want to Release?

Me 2020-12-10 16:36:19 Yes.

Feng 2020-12-10 16:40:18 Wanting to Release but being unable to Release means you're stuck. You might not Release all the *wanting control* in one go. So Release it multiple times. Stuck, *wanting control* over being stuck.

Ziyou Rensheng 2020-12-10 16:38:12 @Feng Teacher, can a bad tooth be healed through Releasing?

Feng 2020-12-10 16:38:27 I'll answer this type of question uniformly. Lester Levenson said, every impossible, no matter how impossible, after complete Release, becomes possible. The answer to this type of question is always "yes." This is just a feeling. Feelings can all be Released.

Hong 2020-12-10 16:38:34 @Feng I can Release some emotions now. But the feeling of pressure from real-life problems always seems impossible to Release; I always feel tremendous pressure.

Feng 2020-12-10 16:38:46 Isn't that also a feeling? It's the same feeling, no different. Same feeling, same process to Release.

Hong 2020-12-10 16:38:47 Yes, but I just can't Release it?

Feng 2020-12-10 16:38:50 Fifth Step. If you can't Release, you're stuck. Use the Fifth Step to solve it. So there's really not much to say. Saying too many new things will only make people deviate from the perfect map of the Six Steps.

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Keep going, keep going.

Shidai Wanwu Huliian 2020-12-10 16:38:57 @Feng If reality hasn't changed, does that mean it hasn't been Released?

Feng 2020-12-10 16:39:02 Seeing that reality hasn't changed, do you immediately feel uncomfortable again? Of course, that means it hasn't been Released.

Nothing[Sun] 2020-12-10 16:39:15 So, does it mean that if you intend to Release, but the feeling doesn't leave, you're stuck? Is that it?

Feng 2020-12-10 16:39:16 Mm, you decide to Release, but the feeling doesn't leave. That's being stuck. Why do you get stuck? It's just a very normal program. *Wanting control* causes getting stuck. Once you're stuck, you need to Release the *wanting control*, not forcefully try to bypass this stuck feeling. Don't struggle when Releasing. Releasing is light, simple, effortless. Use the Sixth Step to verify your Release. First, face this stuck feeling. Then Release the *wanting to change* it. You will immediately feel better. Release it a few more times, and this "stuck" feeling will naturally clear. Everything will also become "more" pleasant. Anyway, it will be better than just now.

Nothing[Sun] 2020-12-10 16:40:41 So, every time you Release, you feel a bit better than before? [Grin]

Feng 2020-12-10 16:40:52 Of course, *release three wants only*. Releasing only the three wants is the fastest method. You just mentioned a lot, all feelings. All feelings are *wanting control* and *wanting approval*, and at the deepest level, *wanting safety*. Keep it simple.

Hong 2020-12-10 16:41:03 @Feng Can you really achieve everything just through Releasing? For example, if I quit my job, can I live in abundance just through Releasing?

Feng 2020-12-10 16:41:09 Verify this for yourself.

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This is nothing. There are things millions of times greater than this. Go for it, get all the benefits, and walk the whole path.

2020.12.10 Does every release require going through the golden Six Steps?

Qingxi 2020.12.10 18:08:17 @Feng Teacher Feng, excuse me, does every release require following the golden Six Steps? Do we operate like this every time? @Feng Have I completely misunderstood? If so, why don't the release exercises in those 1992 video courses reflect doing it this way?

Feng 2020.12.10 18:08:29 No need to do that.

The Six Steps are a map.

Just make sure you are within the Six Steps.

[Chat log: Your question, Lester Levenson explained in detail. The two motivations for growth.]

For the specific method, refer to Lester Levenson's several guidelines.

So, what do you need to do? I summarized it in the previous four-day course. First, you want freedom more than you want the world. Accordingly, you should get all your joy from yourself, from within, through Releasing. This is Course 1. Course 2 is: You must make the decision for freedom, and then you do it. However, if you make the decision for freedom, you will do it. It's simple. If you are not free, then you haven't truly made the decision for freedom. Because once you make that decision once, everything you do afterwards will be oriented towards freedom. The most basic thing is continuous Releasing. The third course is to directly face the fear of death and Release it. Directly Release the fear of death. As you know, beneath approval and control lies the fear of death. So, get rid of this deepest driver, and you're done. The fourth is, from now on, get everything you want through Releasing. I guess this is the most practical of these four. How successful are you? Most of the time, are you still doing things with the ego's perspective? Remember, when we do things through Releasing, it is effortless. If you put in effort, it's ego-driven.

Qingxi 2020.12.10 18:09:14 Oh, so the Six Steps are like the background for continuous Releasing, right?

Feng 2020.12.10 18:09:41 His favorite is the fourth one.

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Do you want freedom? You make the decision for freedom, and then you start Releasing. Release your *wanting control* and *approval*, continuously. When you get stuck, Release the *wanting to change* it. Each Release will make you happier and lighter. The Six Steps are everything. There's nothing more to the Release Method.

Qingxi 2020.12.10 18:09:59

I'm always clear in my mind that I want freedom more than I want the world. This has always been my motivation for learning and growing – to seek liberation and freedom. But in actual practice, I sometimes resist, stagnate, or even forget to Release. Does this mean that I only understand the desire intellectually, and internally I don't truly want liberation and freedom more than the world? I mean, just being mentally clear that I want freedom more than the world is not enough. I need to regularly use the First Step of the Six Steps to prompt myself to Release, which is the real motivation for Releasing. Right? @Feng

Feng 2020.12.10 18:10:16 You need to experience it. The best way is to get everything through Releasing. Otherwise, you will always retain the possibility of seeking joy from other things in the world. If you cannot experience that the source of all joy comes from within, you cannot fully achieve the First Step. Shouting slogans is useless.

2020-12-11 Feng & Tiancheng - Intellectual knowledge cannot replace the path you have actually walked

Tiancheng 2020-12-11 00:53:02 Why do you tell me so much?

Feng 2020-12-11 00:53:14 Because you asked.

Feng 2020-12-11 00:53:31 Ask, and there is an answer. However, knowing this does not mean you will go further than those who don't know it.

Feng 2020-12-11 00:56:03 I still need to issue a warning: Intellectual knowledge cannot replace the path you have actually walked.

Tiancheng 2020-12-11 00:56:50 Mm.

2020-12-11 Four Guidelines

Feng 2020-12-11 20:48:10 When Lester Levenson reached *samadhi*, he didn't know there was such a thing as *samadhi*.

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So knowing or not knowing the concept of *samadhi* doesn't affect your reaching it. What I repeatedly explain is that *Nirbikalpa Samadhi* is actually the complete achievement of the First Step of the Six Steps. Why? Because you only fully achieve it at the moment you touch the Infinite. It's not the first time you touch the Infinite. The first time you touch the Infinite is most likely *Sabikalpa Samadhi*. Because the seeds are still functioning. By continuously touching the Infinite through Releasing, you suddenly discover that those seeds no longer have any effect. Your motivation to seek joy elsewhere is completely gone. Because at the experiential level, you discover the only source of joy. At that point, the seeds will no longer function. If you don't touch Infinite Consciousness, you will always feel there is joy in the world. As long as you feel there is joy in the world, your direction may still turn towards the world. It's that simple.

So, what do you need to do? I summarized it in the previous four-day course. First, you want freedom more than you want the world. Accordingly, you should get all your joy from yourself, from within, through Releasing. This is Course 1. Course 2 is: You must make the decision for freedom, and then you do it. However, if you make the decision for freedom, you will do it. It's simple. If you are not free, then you haven't truly made the decision for freedom. Because once you make that decision once, everything you do afterwards will be oriented towards freedom. The most basic thing is continuous Releasing. The third course is to directly face the fear of death and Release it. Directly Release the fear of death. As you

know, beneath approval and control lies the fear of death. So, get rid of this deepest driver, and you're done. The fourth is, from now on, get everything you want through Releasing. I guess this is the most practical of these four. How successful are you? Most of the time, are you still doing things with the ego's perspective? Remember, when we do things through Releasing, it is effortless. If you put in effort, it's ego-driven.

Feng 2020-12-11 20:54:51

Getting all joy from within, completely achieved – this is the attainment of *Nirbikalpa Samadhi*.

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We can never become infinite existence, because we already *are* infinite existence. We only need to Release the beliefs that we are not infinite existence, the beliefs that we are only a body, only a mind. First, we need a strong desire, a craving to return to the infinite existence that we are.

But, as he said, we don't want it. If we really wanted It, we would have It. There is a difficulty, of course, and what is the difficulty? It's the habit; it's the unconscious habitual thinking; it's the mind. So we attack it by attacking this unconsciously very-thinking mind. The mind is the only cover over the infinite Being that we are. We must stop thinking long enough to see what we are, and that "long enough" can be just one unlimited state of no thinking.

But, as he said before, we don't want it. If we really wanted it, we would have it. The difficulty lies in inertia, that is, unconscious habitual thoughts, our mind. The mind is the only obstacle covering the infinite Being that we are. We must stop thinking in order to see our true nature. Even if it's just stopping thinking for a second (thinking includes unconscious thinking), the immense impact and Release brought by seeing the true Self will allow you to use your infinite power to burn away the mind. Every time we enter the infinite state of no-thought, even for a moment, we also burn away a lot of the mind.

Feng 2020-12-11 20:55:40 Lester Levenson said it so plainly that people tend to overlook his meaning. What does this passage from Lester Levenson mean?

I am infinite 2020-12-11 20:56:48 @Roller What you posted is from *The Ultimate Freedom Path*.

Feng 2020-12-11 20:56:53 Of course, this is an early teaching. At this time, he mainly taught the method of asking questions during meditation. His method was to let you contact your infinite existence. I will further explain this state. Before you completely Release the entire mind program, you will have a preview of infinite existence.

Feng 2020-12-11 20:58:39 That is to say, although you haven't completely Released the entire mind program, there will be moments when the mind steps back. At this moment, your mind is completely still, temporarily. So at this moment, you can experience infinite existence, have a preview of it.

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This can greatly increase your yearning for freedom. Because you will discover that no matter what you gain in the world, it cannot compare to a ten-thousandth of that joy. Every moment in the world, compared to that state, is torment. Releasing after this point is different. I'm talking about *Nirbikalpa Samadhi*. If you reach *Sabikalpa Samadhi*, the experience is actually the same as *Nirbikalpa Samadhi* – both are contact with infinite existence. But the seeds still function. Even though you know that state exists, the world still holds temptation for you. But when you reach *Nirbikalpa Samadhi*, at that moment, those seeds suddenly lose their power. Then Releasing becomes very different. You no longer need to remind yourself of the Six Steps. Because you are in the First Step. Every one of your decisions naturally tends towards freedom. Releasing simply cannot stop. And you will often enter *samadhi*. You will often contact the Infinite. Each time will take away many of your desires.

Mini 2020-12-11 21:08:31 Anytime, anywhere?

Feng 2020-12-11 21:08:43 One decision can get you in. As I said before, reaching *Nirbikalpa Samadhi* through some methods might leave some habit differences, so it takes more time to Release karma. For example, the path of Jnana Yoga. That's why Lester Levenson took three months. The process involved exploring and discovering the Release Method. If you don't use the Release Method, and only rely on entering the Infinite to burn away karma, it will take much longer. Spiritual circles like to use the phrase, "Enlightenment, then cultivation." Understanding and preserving, practicing in accordance with understanding – these are actually Zen concepts. Because Zen is a method of intellect, so you need to maintain and sustain.

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You need to correct your habits with Infinite Consciousness in every aspect of life. Realizing that you are not the doer, but that your infinite existence is acting through you – this process is the process of Releasing karma. The Release of karma can only occur when you realize that you are not the doer, and cannot occur through action itself. Many of them mistake *Sabikalpa Samadhi* for enlightenment, or many haven't even reached *Sabikalpa Samadhi*.

Roller 2020-12-11 21:23:34 So truly reaching the stage of a noble disciple is what comes after enlightenment.

Feng 2020-12-11 21:23:36 Of course. Buddhism has an accurate distinction regarding this. Before the stage of Stream-Entry, no matter what level of psychic powers you have, you are still an ordinary person. In the stream of ordinary people. After Stream-Entry, you enter the stream of noble ones, a noble disciple. Gods of the desire realm, form realm, formless realm – all are ordinary people.

Mini 2020-12-11 21:27:35 Is it relatively difficult to reach seedless *samadhi* solely through implanting beliefs? @Feng

Feng 2020-12-11 21:27:47 It's completely impossible, not just relatively difficult.

Now, any answer the mind can give us must necessarily not be it because the mind is an instrument of limitation. All thoughts are qualified; all thoughts are limited. So any answer the mind gives cannot be right. The way the answer comes is simply by our getting out of the way the blindness that we have imposed upon ourselves by assuming thoughts that we are a thinking mind body. When the thoughts are quiet, the limitless Being is obvious. It's Self-effluent; its there all the time; its just covered over by thought concepts, every one of which is limited.

Any answer the mind can give us is necessarily not it, because the mind is an instrument of limitation. All thoughts are incomplete, limited. So any answer the mind gives cannot be correct. The way the answer comes is simply by avoiding that blindness – which we impose on ourselves by assuming we are a combination of a thinking mind and body. When thoughts calm down, infinite existence becomes obvious. It shines by itself, it's there all the time, it's just covered by limiting thoughts.

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Just that.

Feng 2020-12-11 21:30:32

Implanting beliefs is completely ineffective. Star's translation caused a big misunderstanding.

Lester Levenson: It is necessary in the beginning and it also makes for rapid progress. Later, after much progress, you can will it out. There are basically two ways of growing: one is eliminating the mind, the subconscious; the other is putting in the positive, seeing who and what you are. A: It's necessary from the beginning, and it also allows you to progress rapidly. Then, after making some progress, you'll be more motivated to do so. There are two ways to grow: one is to clear the mind, the subconscious; the other is to implant positive thoughts, to see who and what you are.

Feng 2020-12-11 21:31:36

Feng 2020-12-11 21:31:36 This is a translation by Star in *The Ultimate Freedom Path: the other is putting in the positive, seeing who and what you are*. Can this be translated as "implanting positive thoughts"? The word "enlightenment" is too broad, so I generally don't use it. A large number of people use it to describe various states.

2020-12-11 Replacing one belief with another is useless

Feng 2020-12-11 23:31:20 I've also told him that Eckhart is not enlightened, and his method cannot lead to enlightenment.

Guangming 2020-12-11 23:31:21 The one from *The Power of Now*? He's not enlightened, his method is wrong.

Roller 2020-12-11 23:31:32 His method is suitable for continuing to pretend to sleep. [Grin]

Feng 2020-12-11 23:31:36 Let me be direct. For example, the currently popular *A Course in Miracles* is transmitted by deceptive high spirits. Yogananda is a spokesperson for Jesus, sent by Babaji and Jesus. Jesus would not spread his message through channeling.

Jun 2020-12-11 23:31:45 Yang Dingyi, Yang Yuanning?

Feng 2020-12-11 23:31:56 Including many methods on the market, if you ask me, I'll tell you directly:

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They are not masters.

Jun 2020-12-11 23:31:58 The Night of Enlightenment.

Feng 2020-12-11 23:32:02 Yogananda revealed that he was the last *guru*. So, there's a simple way to check: after him, any popularized teacher is not a true master. What I'm saying, you don't need to believe, because replacing one belief with another is useless.

Jun 2020-12-11 23:32:06 We can only say that the knowledge they spread is helpful for our spiritual practice, not for attaining freedom.

Feng 2020-12-11 23:32:13 When you reach *Nirbikalpa Samadhi*, you will know all of this, including which high spirits are deceiving people through *A Course in Miracles*.

Roller 2020-12-11 23:32:19 [Image]

Star of Bethlehem 2020-12-11 23:32:24 Those high spirits are systematic; they not only channel *A Course in Miracles* but also other materials.

Roller 2020-12-11 23:32:36 We all go to verify.

Feng 2020-12-11 23:32:43 Jesus told you in the Bible that future false prophets will be numerous. So maintain this spirit of the Buddha.

Roller 2020-12-11 23:32:51 [Image]

Feng 2020-12-11 23:32:59 Go and verify and explore. I'm not saying this to cause controversy, but to hope you don't waste energy on useless directions. Don't try to reconcile the statements of masters and false masters.

Yuanli 2020-12-11 23:33:08 What's the motivation of these high spirits? Malicious?

Feng 2020-12-11 23:33:19 Because they are fundamentally different, even if there are similar elements in their teachings. Do you know what I'm saying? Even if an angel tells you something, if it's not in accordance with Truth, reject it, because there are so many high

appearing beings that look like gods that you can be very easily fooled, until you know the Truth. Truth is the same throughout from infinity to infinity. You know what I mean? Even if an angel tells you something, as long as it contradicts the Truth, refuse to believe it, because you can easily be fooled by many high-level beings that look like gods, unless you know the Truth. Truth is the same no matter where you put it. Truth

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pervades the entire universe.

Yuanli 2020-12-11 23:33:36 Do they specifically fool people?

Guangming 2020-12-11 23:33:42 What kind of beings are these high spirits?

Xinchang 2020-12-11 23:33:51 Feng, are there any enlightened masters in China now, still alive? @Feng

Feng 2020-12-11 23:33:58 Astral beings. I won't say much about this issue. If you believe what I say, that's replacing one belief with another. That's not helpful.

Yuanli 2020-12-11 23:34:01 So many people have fallen into the pit! Karma?

Feng 2020-12-11 23:34:06 To be free requires strong self-reliance.

Yuanli 2020-12-11 23:34:09 Do people have to try all the wrong things before it gets interesting?

Guangming 2020-12-11 23:34:13 The high spirits themselves haven't achieved enlightenment. Otherwise, they wouldn't be fooling people.

Roller 2020-12-11 23:34:21 [Chat log]

Zi 13 ins Feng Change Buzhi 2020-12-11 23:34:24 The method of *A Course in Miracles* gives me the feeling of cultivating one's perspective.

Roller 2020-12-11 23:34:32 Don't believe the Buddha, Jesus, Lester Levenson, including what Feng says, until you prove it all yourself. Base your belief on your own Releasing experience.

Feng 2020-12-11 23:34:42 Yes.

Roller 2020-12-11 23:34:46 This is what truly belongs to you.

Zi 13 ins Feng Change Buzhi 2020-12-11 23:34:57 No matter what method you cultivate, if the negatives (all suppressed feelings) haven't been Released, it's a useless method.

Feng 2020-12-11 23:34:59 False masters and those who intentionally play God will bear very heavy karma, so there's no need to attack them. However, you must step by step walk

this path yourself. Very few people can become free, because most just want life to be a little better. And there are many temptations on this path, requiring sharp insight and resilient character.

Jun 2020-12-11 23:35:04 Feng, what did you rely on to reach the end?

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Feng 2020-12-11 23:35:12 The Six Steps.

Zi 13 ins Feng Change Buzhi 2020-12-11 23:35:18 Lester Levenson said that if you only Release to feel better, you won't make progress.

Roller 2020-12-11 23:35:23 Use the gains from your Release to verify. Don't you want to keep feeling better? [Funny] Keep getting better, until it can't get any better. I have a great yearning for this. [Image]

Zi 13 ins Feng Change Buzhi 2020-12-11 23:35:34 Better can become even better.

Roller 2020-12-11 23:35:37 Everyone has seen this part, right?

2020-12-12 The Issue of Efficiency

Feng 2020-12-12 22:43:12 This concerns the issue of efficiency.

Feng 2020-12-12 22:44:26 [Group chat log] 【 **Sui Le:** @Feng For releasing feelings like despair, grief, etc., should I use the Releasing Emotions Process or the Releasing Desires Process? I feel using the Releasing Desires Process isn't as effective as the Releasing Emotions Process. **Feng:** If you're familiar with it, it's normal.. 】

Feng 2020-12-12 22:44:50 For reference.

Feng 2020-12-12 22:45:05 Basic desires drive emotions, nine emotions drive hundreds of feelings, feelings drive thousands of thoughts.

Feng 2020-12-12 22:46:10

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41 *Wanting to survive* is the root, *wanting approval* and *control* are the trunk, emotions are branches, feelings are twigs, thoughts are leaves. If you trim leaves one by one, when will you ever finish? So this is just about efficiency. Lester Levenson said that Releasing one of the nine emotional categories, like fear, would take hundreds of thousands of lifetimes. That's just one emotion. If you Release thoughts, multiply that by millions. The perfect map. Change it a little and you can't be free. Implement it and you can be free. It's that simple. Releasing emotions also works, but the three major desires are faster. Is your current feeling *wanting control* or *wanting approval*?

Feng 2020-12-12 23:02:24 Can you allow yourself to be more aware of it? Can you let it leave? These few sentences take a few seconds?

Liz Zhang 2020-12-12 23:09:51 Regarding my goal, I always feel like I need to take some action, but it feels like *wanting control*.

LizZhang 2020-12-12 23:09:56 But I can't Release it. So I end up taking action anyway. I'm a bit stuck on how to Release this. To act or not to act? @Feng

Feng 2020-12-12 23:11:10 It doesn't matter. Don't stop Releasing. Nothing else matters.

Liz Zhang 2020-12-12 23:11:15 Okay.

Feng 2020-12-12 23:12:20 That is *wanting control*. Because when you can't distinguish, you want to distinguish. Wanting to distinguish is *wanting to figure out, wanting to clarify*. This is *wanting control*.

2020-12-12 Do not use effort, just be aware of your most surface-level feeling

Feng 2020-12-12 12:00:14 Babaji has more than three branches, because he has actually existed in the world for a very long time. Some lineages are very niche.

Mu 2020-12-12 12:00:15

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Mu 2020-12-12 12:00:15 I don't need to be aware to know that I constantly want safety.

Feng 2020-12-12 12:00:17 Use the process directly once you feel it. Don't push it back.

Shidai Wanwu Huliian 2020-12-12 12:00:25 Seeing Teacher Feng gives me hope.

Feng 2020-12-12 12:00:34 Your hope lies within yourself. Just try your best to feel. Don't use effort. Be aware of your most surface-level feeling.

Wuxin 2020-12-12 12:00:49 The guide asked to focus the feeling here.

Feng 2020-12-12 12:00:55 Feeling center. Your feelings happen here.

Wuxin 2020-12-12 12:00:58 I watched the video where Hale Dwoskin pointed to the feeling center. But when I see the big leader, I feel uncomfortable all over, and the feeling at the feeling center is even less obvious. I just don't know how to feel. In this situation, should I just repeat the three sentences of the process?

Feng 2020-12-12 12:01:04 You've already felt the emotion, right? Use the process directly to Release. No need to repeat the sentences.

Zhongji Ziyou 2020-12-12 12:01:07 Releasing Desires mentions that you only need to ask "Can I let it leave?"; the latter two questions are not necessary. Why is that?

Feng 2020-12-12 12:01:11 Because once you become aware of the basic desire, letting it leave is your natural tendency. When you suppress it, it binds you at the most fundamental level. When you allow it to surface, it will leave very naturally.

Zhongji Ziyou 2020-12-12 12:01:19 Most of the time, I stubbornly cling to desires, control or approval, unwilling to let go. I want to change. When I get to the *wanting control*, and ask myself if I can let go of this *wanting to change*, deep down I'm unwilling to let go. It's a bit like being unwilling to Release, but not that I cannot Release. When asking "Can I?", I get 纠结 about whether it's truly impossible or just unwilling.

Feng 2020-12-12 12:01:28 Note, Lester Levenson used a word to describe *wanting control* and *wanting approval*: the two basic feelings (*basic feeling*).

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Zhongji Ziyou 2020-12-12 12:01:32 When answering "Can I?", I feel unwilling to answer, so I tend to avoid it, feeling that I should answer "I can Release it". If I'm unwilling to let go, how should I answer the "Can I?" question? Although I can't let go temporarily, it's okay to answer based on my true inner feeling, right?

Feng 2020-12-12 12:01:44 Allow yourself to be aware of *wanting control* and *approval*. You are thinking on top of the feeling, bro. Directly face the feeling, allow it to surface, and simply let it leave.

Wuxin 2020-12-12 12:01:48 I just used the process, and my arms are still shaking a bit. How do I use the emotional chart? I don't need to check the chart; I know that feeling is fear, but I just don't know how to use that emotional chart. Apart from checking the chart, I can't trace back and Release emotions. I've only learned to Release the current feeling.

Feng 2020-12-12 12:01:50 The emotional chart is an aid. Just knowing that feeling is fear is enough.

Wuxin 2020-12-12 12:01:53 Now I know.

Mu 2020-12-12 12:01:59 Actually, after using it a few times, you'll know. You generally won't misjudge. Whether you are afraid, angry, or grieved, you can usually tell yourself. If it's subtle and you can't tell, that chart can help you distinguish.

Feng 2020-12-12 12:02:03 Any feeling can be found described underneath. Then you know which emotional state it belongs to, that's tracing up. However, you should quickly learn to directly Release the three wants.

Feng 2020-12-12 12:02:14 "This will take a month, maybe two months, and you will Release all your agflap. But all in all, I think we have the only method to Release the mind, to quiet the mind, by allowing the subconscious programs to surface. We first enter the conscious

mind, Release control and approval. And those other things you try to Release, like fear – you know, you would spend hundreds of thousands of lifetimes Releasing fear, and after that you would still have anger, you would still have other emotions. But when you Release *wanting control*, everything underneath it is let go. Then when you Release *wanting safety*, you Release all the *wanting approval* and *control*, and everything underneath them. You are currently too low, so you cannot attack *wanting safety*. You are overwhelmed, you are terrified by death, so you let it run you. But when you Release a considerable amount of control and approval, you will have the ability to face the fear of death."

This is a passage I translated from Lester Levenson's later audio. Releasing emotions would take you hundreds of thousands of lifetimes. Only Releasing desires is the true use of the Release Method.

Mu 2020-12-12 12:02:56 I just kind of don't feel the wants.

Feng 2020-12-12 12:02:59 Therefore, it's in the Six Steps.

Mu 2020-12-12 12:03:04 For example, sadness, I can feel sadness.

Feng 2020-12-12 12:03:12 The Six Steps' Third Step.

Mu 2020-12-12 12:03:16 Wants seem to be identified by the mind.

Feng 2020-12-12 12:03:20 The Six Steps are the complete map.

Actually, wants are also a kind of feeling.

Mu 2020-12-12 12:03:25 Can they also be found in the chest and abdomen area?

Feng 2020-12-12 12:03:37

Today's problem is that the accumulation, the subconscious programs, are too heavy, too extreme; we are just submerged in them. We need a very efficient method to eliminate them.

This is a very efficient method, a very simple method. We have the complete picture, we have the mind and feelings you must operate on. We have a chart. In the chart, you know our subconscious mind, Release thoughts and feelings. How are they Released together? How are those surface feelings covered by fewer basic feelings we call emotions? How are these emotions covered by two basic feelings (*wanting control* and *approval*)?

We attack them, and we eliminate all feelings! It's so basic, it's extremely efficient.

Mu 2020-12-12 12:03:44 Can desires also be felt at the heart center?

Feng 2020-12-12 12:03:50 This is what Lester Levenson personally said when sharing the Release Method with students in the early days. He called *wanting control* and *wanting approval* "basic feelings."

Mu 2020-12-12 12:03:54 Got it.

Feng 2020-12-12 12:03:56

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Of course, Release the most obvious one. Actually, if you really Release the desire, as soon as you allow yourself to be aware of it, there will immediately be a tendency to let go. So answering is not really an issue.

If it doesn't leave, it means you're stuck, and you can use the Fifth Step to solve it.

Releasing is experiential. To teach someone the Release Method, it's best not to overload them with theory. Just have them follow a guided video directly. They'll learn in a few minutes. This is also how the course is presented.

"But you can see that our method is actually to Release the drivers of the mind. Don't try to develop your mind, because then you are developing your enemy, developing what binds you. What happens when a mind becomes completely quiet? Well, I've always been omniscient, I've always known everything. But you have to Release the habit of trying to survive twenty-four hours a day, we call it agflap."

Lester Levenson also mentioned one more point: don't mix methods. "Everyone combines other things with Releasing. When you do this, you slow down the Releasing. If you need other things, you are slowing down the method."

Shidai Wanwu Huliian 2020-12-12 12:05:18 Suddenly, I have a thought that I don't want others to know about the Release Method.

Feng 2020-12-12 12:05:50 You can directly recognize this as *wanting control*.

Shidai Wanwu Huliian 2020-12-12 12:05:52 This is *wanting control*.

Feng 2020-12-12 12:05:56 *release it*. Keep going.

Yixuan 2020-12-12 12:06:04 @Feng How can I completely eliminate ego-clinging?

Feng 2020-12-12 12:06:09 Release.

Yixuan 2020-12-12 12:06:12 How to be aware?

Feng 2020-12-12 12:06:15 Just Release feelings.

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Sense of ego is not something outside the three major desires. Implement the Six Steps, continuously Release the three major desires. *That's it.*

Yixuan 2020-12-12 12:06:19 @Feng So there's no need to deliberately Release? Is that it?

Feng 2020-12-12 12:06:23 Every Release, you are releasing the *sense of self. release only three wants*. Only Release the three major desires. No need for anything outside the Six Steps to reach freedom.

Yixuan 2020-12-12 12:06:37 Oh, I see, thank you. @Feng If Releasing never ends, does that mean I'm stuck on basic desires?

Feng 2020-12-12 12:06:47 It's because you haven't Released the basic desires. Or you're stuck. Or you're not Releasing continuously.

Yixuan 2020-12-12 12:06:58 Aren't basic desires surface emotions?

2020-12-12 Releasing only emotions would take hundreds of thousands of lifetimes to clear one category of emotion

Sui Le 2020-12-12 12:50:32 @Feng For releasing feelings like despair, grief, etc., should I use the Releasing Emotions Process or the Releasing Desires Process? I feel using the Releasing Desires Process isn't as effective as the Releasing Emotions Process.

Feng 2020-12-12 12:50:42 If you're not familiar with it, it's normal. Practice a bit more. Releasing desires will be simpler and much faster.

Sui Le 2020-12-12 12:50:51 But I often get stuck with the Releasing Desires Process, while the Releasing Emotions Process flows smoothly.

Vian 2020-12-12 12:50:57 @Feng Excuse me, for Goal Releasing, can it only be done by Releasing feelings, and not by Releasing desires?

Feng 2020-12-12 12:51:12 Of course you can. Releasing emotions will keep you on the surface.

Vian 2020-12-12 12:52:01 Thanks.

Feng 2020-12-12 12:52:02 "This will take a month, maybe two months, and you will Release all your agflap. But all in all, I think we have the only method to Release the mind, to quiet the mind, by allowing the subconscious programs to surface.

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We first enter the conscious mind, Release control and approval. And those other things you try to Release, like fear – you know, you would spend hundreds of thousands of lifetimes Releasing fear, and after that you would still have anger, you would still have other emotions.

But when you Release *wanting control*, everything underneath it is let go. Then when you Release *wanting safety*, you Release all the *wanting approval* and *control*, and everything underneath them. You are currently too low, so you cannot attack *wanting safety*. You are overwhelmed, you are terrified by death, so you let it run you. But when you Release a considerable amount of control and approval, you will have the ability to face the fear of death."

This is a passage I translated from Lester Levenson's later audio.

Sui Le 2020-12-12 21:52:18 Okay, that's it [Rose].

Feng 2020-12-12 21:52:37 Releasing deeply will definitely get you stuck. Face this stuckness, then you can Release it. Use the Fifth Step to Release the *wanting to change* it. If you bypass it, it will keep running you. You might Release emotions every day, feel good, get high, and then come back down again. But because the basic desires haven't been Released, these emotions are constantly redeveloped. Releasing only emotions would take hundreds of thousands of lifetimes to clear one category of emotion. Releasing on the surface is inefficient.

Sui Le 2020-12-12 21:52:46 Yes, I got stuck and thought it was because I hadn't Released the emotion thoroughly enough.

Feng 2020-12-12 21:52:59 Only Releasing desires will get you to the finish line within a month. Don't be afraid of getting stuck; face it.

Luo Wanyu (Yu) 513 2020-12-12 21:53:06 So Releasing desires is simpler and more efficient.

Vian 2020-12-12 21:53:14 If you Release desires, will the subsequent emotions be greatly reduced? I find that Releasing emotions easily bounces back. [Facepalm]

Feng 2020-12-12 21:53:18 Release *wanting control*, then all the agflap developed from *wanting control* is Released. Same for Releasing *wanting approval*. Releasing *wanting safety* will Release the *wanting approval* and *control* above it, and the agflap above them.

Luo Wanyu (Yu) 513 2020-12-12 21:53:24 @Feng After successfully Releasing desires on a certain matter, I became relaxed and happy. Why, after a long time, on the same matter, do I go crazy with *wanting control* again? Was it not thoroughly Released?

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Feng 2020-12-12 21:53:36 Mm, not thoroughly Released. *release when high*.

Boluomi 2020-12-12 21:53:41 Can I use the three questions for Releasing desires?

Feng 2020-12-12 21:53:52 When you are relaxed and happy, continue Releasing, continue to *dig down*.

D 2020-12-12 21:53:59 For Releasing desires, can I directly ask "Can I?"?

Feng 2020-12-12 21:54:11 Releasing desires doesn't need the three questions, because the first sentence Releases it, maybe even before the first sentence is asked.

D 2020-12-12 21:54:14 If stuck, ask "Can I let this 'wanting control' leave?"

Boluomi 2020-12-12 21:54:29 Can I ask?

Feng 2020-12-12 21:54:35 If the first sentence doesn't Release it, it means you're stuck. At this time, you need to Release *wanting control*.

D 2020-12-12 21:54:55 Getting stuck must be caused by *wanting control*.

Boluomi 2020-12-12 21:55:31 But I can't feel it being Released.

Feng 2020-12-12 21:55:35 Instead of going back to the three questions for Releasing emotions.

Boluomi 2020-12-12 21:55:42 Okay.

D 2020-12-12 21:55:53 I'm trying to upgrade you from kindergarten to graduate level. – Lester Levenson

2020-12-12 Releasing Desires Process

Feng 2020-12-12 23:02:19 Is your current feeling *wanting control* or *wanting approval*? Can you allow yourself to be more aware of it? Can you let it leave?

2020-12-12 Releasing deeply will definitely get stuck

Sui Le 2020-12-12 23:15:16

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Feng 2020-12-12 23:15:27 If you're not familiar with it, it's normal. Practice a bit more. Releasing desires will be simpler and much faster.

Sui Le 2020-12-12 23:15:49

But I often get stuck with the Releasing Desires Process, while the Releasing Emotions Process flows smoothly.

Feng 2020-12-12 23:15:56 Releasing emotions will keep you on the surface.

"This will take a month, maybe two months, and you will Release all your agflap. But all in all, I think we have the only method to Release the mind, to quiet the mind, by allowing the subconscious programs to surface.

We first enter the conscious mind, Release control and approval. And those other things you try to Release, like fear – you know, you would spend hundreds of thousands of lifetimes Releasing fear, and after that you would still have anger, you would still have other emotions. But when you Release *wanting control*, everything underneath it is let go.

Then when you Release *wanting safety*, you Release all the *wanting approval* and *control*, and everything underneath them. You are currently too low, so you cannot attack *wanting safety*. You are overwhelmed, you are terrified by death, so you let it run you. But when you Release a considerable amount of control and approval, you will have the ability to face the fear of death."

This is a passage I translated from Lester Levenson's later audio.

Sui Le 2020-12-12 23:16:08 Okay, that's it [Rose].

Feng 2020-12-12 23:16:15 Releasing deeply will definitely get you stuck. Face this stuckness, then you can Release it. Use the Fifth Step to Release the *wanting to change* it. If you bypass it, it will keep running you from within. You might Release emotions every day, feel good, get high, and then come back down again.

Ruilan 2020-12-12 23:16:24 When I first started Releasing, I felt I had a lot of *wanting control*. These past few days, *wanting approval* has appeared more. When I Release *wanting approval*, I fall into despair and grief, and I get stuck there. I start avoiding Releasing.

Feng 2020-12-12 23:16:38 But because the basic desires haven't been Released, these emotions are constantly redeveloped. Releasing only emotions would take hundreds of thousands of lifetimes to clear one category of emotion. Releasing on the surface is inefficient.

Sui Le 2020-12-12 23:16:44 Yes, I got stuck and thought it was because I hadn't Released the emotion thoroughly enough.

Feng 2020-12-12 23:16:50

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Only Releasing desires will get you to the finish line within a month. Don't be afraid of getting stuck; face it.

Luo Wanyu 2020-12-12 23:16:59 So Releasing desires is simpler and more efficient.

Sui Le 2020-12-12 23:17:17 Okay, I'll use the Releasing Desires Process. [Strong]

Ruilan 2020-12-12 23:17:30 This stuck feeling is indeed very uncomfortable.

D 2020-12-12 23:17:24 @Feng Sometimes the "desire to change the stuck feeling" also cannot be Released.

Feng 2020-12-12 23:17:41 We go down to the lowest point, where we are now, and then return to the highest point, seeing our infinity again. But after all this折腾, we have an active recognition of our infinity, whereas before it was a passive recognition.

It's something like this: "Perfect health" is a meaningless term to someone who was born perfectly healthy and stays that way all his life; he doesn't positively know what it is. And yet, it's a nice state when he's in it. But he's passively healthy; he cannot fully appreciate it. However, if he got very sick and was on the verge of dying for many years and then reestablished the perfect health state, then that perfect-health state would be far more meaningful to him than it was before he got sick. And this is the silly thing we do to ourselves: We go from infinity down to where we are and back up to infinity with a positiveness of knowing the infinity that we are. But we pushed, on the way down, in a way that we lost sight of what we were doing. And if we look within, we'll discover this.

This is like "perfect health" is meaningless to someone born with perfect health who remains so their entire life, because they have no active knowledge of perfect health. Such a state is certainly good, but because their health is passive, they cannot be grateful for it. However, once they get sick and teeter on the edge of death for many years, they have to rebuild the state of perfect health. At that time, perfect health is far more meaningful to them than before they got sick. This is the foolish thing we do to ourselves. We come from the Infinite, then descend to where we are now, and then return to the Infinite with an active knowledge of the Infinite. During the descent, we cannot see clearly what we are doing; only by turning inward can we discover this.

Q: That's the first time I've heard a sensible explanation of the whole mess. First time it's ever been explained why we've been pulled down.

Sui Le 2020-12-12 23:18:50 @Feng When I use the Releasing Desires Process, I always feel energy flowing out, but after Releasing for a few hours, I don't feel it's completely clean. When I Release again next time, the feeling of *wanting control* on the original matter is still very obvious. What is the reason for this?

Feng 2020-12-12 23:19:04 Don't focus on this energy flow. The key test is the Sixth Step. After each process, your feeling should become more pleasant.

Sui Le 2020-12-12 23:19:10

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I haven't felt pleasant; it feels like I'm still Releasing.

Feng 2020-12-12 23:19:17 Release *wanting control*, then all the agflap developed from *wanting control* is Released. Same for Releasing *wanting approval*. Releasing *wanting safety* will Release the *wanting approval* and *control* above it, and the agflap above them.

Luo Wanyu 2020-12-12 23:19:20 @Feng After successfully Releasing desires on a certain matter, I became relaxed and happy. Why, after a long time, on the same matter, do I go crazy with *wanting control* again? Was it not thoroughly Released?

Feng 2020-12-12 23:19:24 Mm, not thoroughly Released. When you are relaxed and happy, continue Releasing, continue to *dig down*. Releasing desires doesn't need the three questions, because the first sentence Releases it, maybe even before the first sentence is asked. If the first sentence doesn't Release it, it means you're stuck.

D 2020-12-12 23:19:35 Getting stuck must be caused by *wanting control*.

Boluomi 2020-12-12 23:19:44 But I can't feel it being Released.

Feng 2020-12-12 23:19:54 At this time, you need to Release *wanting control*.

Sui Le 2020-12-12 23:19:59 @Feng Releasing the same emotion several times, never getting a pleasant feeling, but there is energy flow. It doesn't seem like being stuck either. Is this just not Releasing it completely after several tries?

Feng 2020-12-12 23:21:08 If you never get a pleasant feeling, pay attention to the fact that you are carrying *wanting control*. Actually, no true Release has occurred. Do not use energy flow as the standard. Use becoming more pleasant as the standard.

Sui Le 2020-12-12 23:21:38 @Feng So, when I Release, I'm also carrying *wanting control*. That means I should be stuck, but since there's still energy flow, does that mean I'm still Releasing?

Feng 2020-12-12 23:21:45 Release does not use energy flow as the standard.

Sui Le 2020-12-12 23:21:54 Oh, I should be stuck then.

Feng 2020-12-12 23:21:57 With each Release, you should become a bit more relaxed and pleasant.

Sui Le 2020-12-12 23:22:06 I have relaxation, but no pleasant feeling. @Feng If I'm stuck, Releasing the stuckness still doesn't Release it.

Feng 2020-12-12 23:22:15 Release the *wanting control* over being stuck.

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Sui Le 2020-12-12 23:22:28 @Feng This situation has been going on for a long time; I'm stuck here.

Feng 2020-12-12 23:22:36 **Feng** 2020-12-12 23:22:36 Once you become aware of it, you will immediately Release it. Then look again at that stuck feeling. You might still feel stuck. Then continue Releasing *wanting control*. Release it a few more times, and this stuckness will dissolve.

Sui Le 2020-12-12 23:22:48 **Sui Le** 2020-12-12 23:22:48 I feel no effort, very relaxed. Okay, continue [Rose][Rose][Rose] @Feng Now my awareness of "wants" is very strong.

2020-12-13 One day of continuous Release equals 6000 years of meditation

Qingxi 2020-12-13 00:11:12 **Qingxi** 2020-12-13 00:11:12 Sometimes when Releasing desires, I get stuck. I operate repeatedly, but still can't Release. Then I go and feel the current stuck feeling of being unable to Release, and then I Release emotions again. Then the stuckness clears, and I continue Releasing desires.

Feng 2020-12-13 00:11:32 This way, you retreated. Getting stuck is a control program surfacing. But you retreated. You suppressed it again. This is useless. It seems like Releasing emotions cleared the stuckness.

Qingxi 2020-12-13 00:11:36 But no matter how I Release, I can't get it to move. What should I do?

Feng 2020-12-13 00:11:49 But that stuckness just goes back into the subconscious and continues to run you. Next time, you'll get stuck in the same place again. You can't solve the problem by escaping. The Six Steps.

Mu 2020-12-13 00:11:50 Teacher Feng, I clearly feel that the control desire causes physical tension. I can feel stiffness in my neck, back, abdomen, including knots at the heart center. Can I Release these knots?

Feng 2020-12-13 00:11:59 The Six Steps are the complete map. What you mentioned are physical sensations.

Mu 2020-12-13 00:12:12 Yes, clearly caused by the control desire.

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Feng 2020-12-13 00:13:05 You need to pay attention to the desire for control itself. Only then can you Release it.

Mu 2020-12-13 00:13:15 Release the control desire, that's it.

Feng 2020-12-13 00:13:29 What is "can't Release"? Being stuck. Fifth Step solves it easily.

Feng 2020-12-13 00:13:35 Not obvious is also a kind of stuck. Release the *wanting to change* the unclear feeling.

"Just do it, keep doing it. When you get stuck, use the 'what to do' process in this method, let go of the desire to change the feeling of being stuck. If it's a vague feeling, then let go of the desire to change this vague feeling. After you Release it, you can attack that fear of death again."

Review *The Way*. Lester Levenson said it very clearly.

Yixuan 2020-12-13 00:13:40 So, just keep Releasing, keep Releasing, until it becomes not obvious, that's vague?

Feng 2020-12-13 00:13:49 Not obvious is vague, *vague feeling*.

Yixuan 2020-12-13 00:13:50 It's not about Releasing until it's clean? [Facepalm]

Feng 2020-12-13 00:14:12 Of course not. If you were close to Releasing cleanly, you would be at the *cap*, experiencing very high states.

Qingxi 2020-12-13 00:14:19 I feel that all along, when I Release, I've actually been Releasing with control. In a state of emotional tension and fear, that control becomes more obvious and sensitive. It seems to turn into a control that opposes Releasing, wrapping tighter. The more I Release, the tighter the stuckness.

Feng 2020-12-13 00:14:30 So first, Release this *wanting control*. Each Release is light and requires no effort. *release takes no effort*.

Yixuan 2020-12-13 00:14:51 The Release Method is very simple. How come when using it, there are so many problems?

Feng 2020-12-13 00:11:12 Following the Six Steps, there will be no problems at all. It's a direct express route to the finish line.

Yixuan 2020-12-13 00:15:00 Looking at the Six Steps over and over, it's just the literal meaning.

Feng 2020-12-13 00:15:12 It's just the literal meaning. It's practical.

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Happy Time: Getting stuck, could it be that despair and grief emotions haven't been Released enough? This is a common misunderstanding.

Yixuan 2020-12-13 00:15:34 The literal meaning is too simple. Once I start Releasing, I feel like I'm inside it.

Feng 2020-12-13 00:15:50 No, it's just because you have *wanting control*. Notice it. Why is it a common misunderstanding? Because if you don't Release the basic desires, you almost certainly cannot completely Release

one kind of emotion.

Strong 2020-12-13 00:15:58 @Feng Do I need to practice awareness deliberately?

Feng 2020-12-13 00:16:07 They will be constantly developed. No need. Lester Levenson clearly said that if you only Release emotions, it will take hundreds of thousands of lifetimes. Hundreds of thousands of lifetimes to Release one category of emotion. And you have eight other categories. If you can Release *wanting control* and *approval*, don't go back.

Zhongji Ziyou 2020-12-13 00:16:12 Then cultivating by clearing thoughts and quiet meditation is even more hopeless.

Feng 2020-12-13 00:16:45 Directly Release *wanting control* and *approval*. Today someone calculated it. One day of continuous Release equals 6000 years of meditation.

Zhongji Ziyou 2020-12-13 00:16:57 Does this one day refer to 24 hours?

Feng 2020-12-13 00:17:06 Yes, 24 hours of continuous Release. You need to be aware of this feeling of *wanting control* and *approval*, not the mind's thoughts.

Tiancheng 2020-12-13 00:17:58 One Release $\equiv$ months of meditation $\equiv$ hundreds of years of natural evolution. Unbelievable!!!

2020-12-13 If it hasn't left, you're stuck

Feng 2020-12-13 00:36:05 Releasing wants is actually very simple. Generally, when you allow yourself to be aware of it, it's already Released. Whoosh, it happens very quickly.

Hai 2020-12-13 00:36:15 If I'm aware of it, but it doesn't Release, don't I still need to ask the questions?

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Feng 2020-12-13 00:36:42 If you're aware, ask if you can let it leave.

Hai 2020-12-13 00:37:05 If I'm aware but it doesn't "ma" away, does that mean I'm stuck?

Feng 2020-12-13 00:38:12 If it hasn't left, you're stuck. Notice your current *wanting control* and prioritize Releasing *wanting control*.

Feng 2020-12-13 00:39:14 Getting stuck is a good thing. If you don't Release the stuckness, you're constantly run by it, Releasing on the surface, each time you come down, slightly up again. After a while, you think the Release Method can't lead to freedom, or that it requires many other conditions.

Roller 2020-12-13 00:39:45 But Brother Feng, before I used to tell them to Release agf emotions more, and then Release desires. I feel like I kind of misled them, because many

people get completely stuck when Releasing desires, and they basically don't pay attention to the Six Steps. So I recommended the elementary school method of Releasing emotions.

Feng 2020-12-13 00:40:00 This doesn't solve the problem. Releasing emotions doesn't solve the problem of getting stuck when Releasing desires.

Roller 2020-12-13 00:40:14 If you Release enough agf, then Releasing desires becomes effortless and you don't get stuck.

Feng 2020-12-13 00:36:05 Is that what your mind thinks?

Roller 2020-12-13 00:40:25 Haha, I thought that a long time ago. I wasn't using the Six Steps then.

Feng 2020-12-13 00:40:33 "We first enter the conscious mind, Release control and approval. And those other things you try to Release, like fear – you know, you would spend hundreds of thousands of lifetimes Releasing fear, and after that you would still have anger, you would still have other emotions. But when you Release *wanting control*, everything underneath it is let go." Want to Release all agf before Releasing desires? Sorry, you'll never finish in a lifetime.

Roller 2020-12-13 00:40:38 Now I don't tend to correct them much. That should have been discussed mid-month. When you're in despair, you stagnate; when you're in fear, you exert force. My mind came up with this based on that. Hahaha.

Feng 2020-12-13 00:40:59 Not following the Six Steps won't solve the problem of getting stuck. The Six Steps never ask you to go back to Releasing emotions.

Roller 2020-12-13 00:41:05 Anyway, if you asked me to go to the big group now and talk about the Six Steps, very few would listen. I clarified this with Roller before.

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2020-12-13 Duality

Zai 2020-12-13 09:42:15 @Feng Could you please take the time to answer my question when you have a moment? I read this sentence in Yogananda's *Autobiography of a Yogi*: "Behind the dualities of Maya is the eternal light of the One." How should I understand this "duality"? I seem to kind of get it, but not really. [Sorry]

Feng 2020-12-13 09:42:54 Relativity, *duality* or called duality. If there is a cold, there is a hot. If there is a high, there is a low.

2020-12-13 Allow yourself to become more aware of it

Feng 2020-12-13 01:54:13 To Release desires, just omit the last two sentences. Is the current feeling *wanting control* or *wanting approval*? Allow yourself to become more aware of it. Then ask yourself: Can I let it leave? That's it.

2020-12-13 Goal Release brings up opposing programs

Feng 2020-12-13 15:52:47 "What if I just want the goal to manifest? Can it manifest immediately?" For example, suppose your goal is one million. If you now say you don't want the money, great. Then after you manifest the one million, throw it into the river. The point is about ability, not about the goal itself. Goal Release brings up opposing programs, allowing you to reach the position of master of mind and matter, to reach that state where you effortlessly and perfectly achieve a certain goal. By the way, if you really don't want that one million, just throw it away after you get it.

Wei Nuan 2020-12-13 16:05:53 **Wei Nuan** 2020-12-13 16:05:53 I have a question. Suppose my original goal was, for example, to get a 50-square-meter house, because it's relatively easy to achieve. But during the Releasing process, I discover a 110-square-meter house that is better. In this case, do I still have to achieve the 50-square-meter small house goal?

Feng 2020-12-13 16:06:07 *every impossible, no matter how impossible, become immediately a possible, as you* If you want a better one, of course not. But it's not because you can't; it's because you have a better one. Eliminate all impossibilities regarding the goal, while remaining open to better ones.

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2020-12-14 The mind can only tell you what it currently experiences; it can only replay past experiences

Qingxi 2020-12-14 09:10:15 [Group chat log] 【 [Image] Feng: This is mental conflict. Mental conflict is normal for people. I am infinite: These are all true wants I feel. Feng: Mm, you're just making it complicated. Keep it simple, and you'll be able to use it. I am infinite: I can feel these two wants in my chest and abdomen. It's not physical sensation, just a felt wanting, a wanting in the heart. Is this all *wanting control*? 】 @Feng Teacher Feng, in this log, regarding the "want" mentioned, is there no need to discern whether it comes from *wanting approval* or *wanting control*?

Feng 2020-12-14 09:10:22 This is just for the group leader's specific question. Wanting to endure, wanting to treat. This is *wanting control*.

Yixuan 2020-12-14 09:10:27 @Feng Are all our current actions karma?

Feng 2020-12-14 09:10:49 Karma is action and reaction. Lester Levenson called it "programs." The feelings and tendencies you Release are all karma.

Yixuan 2020-12-14 09:10:58 When something happens, are my various reactions driven by programs?

Ziyou Rensheng 2020-12-14 09:11:06 @Feng Teacher, is the tightness felt in the chest and abdomen also a physical sensation? Can it be Released?

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Feng 2020-12-14 09:11:08 You need to be aware of what the emotion is, not just the tightness. The previously translated Lester Levenson audio is just a relatively important part. [Link: Some explanations of the Release Method from Lester Levenson <https://mp.weixin.qq.com/s/e15CGBTIRAKQAZ52RDKluQ>] The group leader just posted it on the public account.

Zai 2020-12-14 09:11:38 @Feng I've wanted to ask this for a long time, always felt it was unrelated to Releasing, so I held back. Why does it need to be six people? Is there some universal law here? [Grin]

Feng 2020-12-14 09:11:45 It's indeed unrelated. But actually, there is no explanation that fits the mind's logic. This article has some importance. "Everyone combines other things with Releasing. When you do this, you slow down the Releasing. If you need other things, you are slowing down the method." The most important among them is this sentence. Don't add anything to the method itself.

Shidai Wanwu Huliian 2020-12-14 09:11:59 Don't know if it's the wrong method, or not Releasing enough. Definitely not enough.

Feng 2020-12-14 09:12:09 How many hours a day are you Releasing? To what extent do you Release? Or for what reason do you stop?

Shidai Wanwu Huliian 2020-12-14 09:12:15 Now I'm Releasing almost all the time except when sleeping.

Feng 2020-12-14 09:12:24 Then does each Release bring you an experience that meets the Sixth Step?

Shidai Wanwu Huliian 2020-12-14 09:12:39 Not particularly light. A little light, but no pleasantness.

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Zai 2020-12-14 09:12:48 @Feng It was only yesterday, through Roller's repeated emphasis, that I started to experience the pleasant feeling after each Release. But I haven't formed the habit yet. My inertia after one Release is to quietly observe my breath for a few seconds. Does this count as combining with other methods as you mentioned?

Feng 2020-12-14 09:12:50 Is your Release carried with a control program?

Shidai Wanwu Huliian 2020-12-14 09:13:15 I don't feel this. Or maybe I want to change too much, so I notice it.

Feng 2020-12-14 09:13:18 Just don't deliberately combine. Wanting to change the current situation too much is not the problem. Since it's already out, you need to use the method on it.

Rong 2020-12-14 09:13:29 Is the method to Release this *wanting to change*? [Fist in palm]
@Feng

Feng 2020-12-14 09:14:17 Mm, the method is very simple. Then you won't need more than a week to handle any worldly goal. The feeling of impossibility is you being in an agf emotional state. Behind it lies *wanting control*, *approval*, and *safety*. Achieving a very small goal takes no more than ten minutes. Achieving a general goal takes about half a day. Achieving a goal you consider very difficult, how long does it take? I think no more than a week. If you can't do it in a week, it's because you haven't truly applied the Six Steps. So, don't kid yourself. *easy or impossible*.

Shidai Wanwu Huliian 2020-12-14 09:14:25 Maybe the first feeling is impossible.

Feng 2020-12-14 09:15:04 Easy, or impossible. Can you understand this concept?

Shidai Wanwu Huliian 2020-12-14 09:15:18 Only these two choices. Either easy, or impossible. No third.

Feng 2020-12-14 09:16:18 Mm.

Mu 2020-12-14 09:16:45

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Can it really bring out the deepest subconscious tendencies? Of course.

Cynthia 2020-12-14 09:16:55 @Feng The method you mentioned is continuous Releasing, right? Achieving a very difficult goal in a week means continuous, uninterrupted Releasing for that week.

Mu 2020-12-14 09:17:04 For example, fear. I Released it yesterday, and it's back today.

Feng 2020-12-14 09:17:17 This method asks you to pay attention to the three basic feelings. *basic feeling*. That is, the three major wants, which drive all emotions and feelings. Continuity is key.

Mu 2020-12-14 09:17:17 **Feng** Sometimes the desire for safety/security can also be identified.

Feng 2020-12-14 09:17:28 Mm, then Release it. Anytime you have a feeling emerge, there's no need to push it back. You can Release it immediately.

Shidai Wanwu Huliian 2020-12-14 09:17:39 Now I don't know where I'm stuck.

Feng 2020-12-14 09:18:05 Then you're stuck in not knowing. Release this *wanting to figure out*. It is *wanting control*.

Shuxin 2020-12-14 09:18:27 @Feng Sometimes I feel very 颓废 and unwilling to Release. Should I Release the *wanting control* at this time?

Feng 2020-12-14 09:19:09 Yes, you're resisting Releasing. Why resist Releasing? It's just a feeling of resistance. Aversion is a bit subtle.

Mu 2020-12-14 09:20:01 So, no need to analyze too much, right?

Feng 2020-12-14 09:20:14 Actively Release it. Mm, try your best to avoid the tendency to analyze principles with the mind. The mind can only tell you what it currently experiences; it can only replay past experiences.

Shuxin 2020-12-14 09:21:07 @Feng Teacher, can you guide me through one step? How do I Release this resistance? I feel a bit blocked and can't move here.

Feng 2020-12-14 09:21:17 First, can you feel the resistance?

Shuxin 2020-12-14 09:21:24 Very resistant.

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Feng 2020-12-14 09:21:34 Then can you feel the *wanting to change* it? If you don't know how to use the Releasing process, spend four days learning it. If you already know, then you can use it. The Sedona Method doesn't have the concept of good or bad foundation. Not wanting to face, you want to escape it. Notice this want, it's the most superficial. Then you can Release it.

Shidai Wanwu Huliian 2020-12-14 09:22:04 I feel like I know the Releasing process.

Feng 2020-12-14 09:22:17 Then use it.

Happy Time 2020-12-14 09:22:30 Feng, sometimes I feel like I collapse and can't find any support. I want to change it.

Feng 2020-12-14 09:22:47 You mentioned the feeling, and the *wanting to change* it. What to do when it's not obvious?

Happy Time 2020-12-14 09:22:47 Release the *wanting to change* and *wanting control*.

Feng 2020-12-14 09:22:52 Mm.

Shuxin 2020-12-14 09:23:00 @Feng Release the *wanting to change* the not obvious? Focus on that wanting feeling?

Feng 2020-12-14 09:13:12 "Just do it, keep doing it. When you get stuck, use the 'what to do' process in this method, let go of the desire to change the feeling of being stuck. If it's a vague feeling, then let go of the desire to change this vague feeling. After you Release it, you can attack that fear of death again." You all know what to do.

2020-12-14 The most surface-level emotion requires no effort to feel

Qing 2020-12-14 11:36:10 @Roller I feel like I'm similar to the person mentioned earlier, maybe even more severe. I've been continuously stuck. I haven't successfully Released even once. I completely can't find the feeling of Releasing. I know my emotions, but as soon as I start Releasing, I can't feel the emotions

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and desires. No matter how I follow the process and ask myself, most of the answers are "I don't know, I don't know, I don't know." I can't proceed at all. I don't know where the problem is. Can you guide me through one complete Release?

Feng 2020-12-14 11:37:12 When you can't feel, don't try hard to feel. Now the most superficial thing is an unclear feeling. Don't try hard to answer. This *wanting to change* is suppressing the emergence of the feeling below. Therefore, you must first Release your *wanting to change* or "wanting to figure out."

Qing 2020-12-14 11:38:26 I can't feel it. I know it's vague. I ask myself, "Do you want it to become clearer?" I find I don't feel like I want to change.

Feng 2020-12-14 11:38:40 The feeling underneath will naturally become clear.

Qing 2020-12-14 11:38:58 Then I'll answer "I don't know."

Feng 2020-12-14 11:39:06 When you're vague, do you feel good? Good or not good? If you feel bad, then you want to change it.

Qing 2020-12-14 11:39:16 Not good.

Feng 2020-12-14 11:40:19 Mm, do you dislike it? Then there is a *wanting to change*. You've already felt it, just didn't identify it.

Qing 2020-12-14 11:41:12 I feel a numb state there. When I'm particularly anxious, there's a strong feeling. As soon as I go back to the process, the feeling disappears.

Feng 2020-12-14 11:41:38 First, allow this feeling to express itself.

Qing 2020-12-14 11:42:15 Allow this numbness?

Feng 2020-12-14 11:42:44 You can't suppress it and Release it at the same time.

Qing 2020-12-14 11:42:49 I really didn't know I was suppressing it.

Feng 2020-12-14 11:42:55 Allow yourself to feel this numb feeling.

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Qing 2020-12-14 11:43:13 Mm, I can.

Feng 2020-12-14 11:43:29 Can you identify if it's *wanting control* or *wanting approval*?

Qing 2020-12-14 11:44:01 *Wanting control*.

Feng 2020-12-14 11:44:26 Then did it leave?

Qing 2020-12-14 11:44:48 No, I lost feeling again.

Feng 2020-12-14 11:44:51 Are you trying hard?

Qing 2020-12-14 11:45:16 It doesn't feel like effort, more like drifting.

Feng 2020-12-14 11:45:28 Avoidance.

Qing 2020-12-14 11:45:36 Seems like it.

Feng 2020-12-14 11:45:44 Suppression, avoidance, expression. The three ways of dealing with emotions besides Releasing.

Feng 2020-12-14 11:46:00 "Just do it, keep doing it. When you get stuck, use the 'what to do' process in this method, let go of the desire to change the feeling of being stuck. If it's a vague feeling, then let go of the desire to change this vague feeling. After you Release it, you can attack that fear of death again."

Qing 2020-12-14 11:47:48 But what if this situation happens every time I try to Release? It seems like whenever I try to Release desires, it's like this.

Feng 2020-12-14 11:48:12 "Release the feeling of being stuck, see how much you want to change those things—like I told you. Just Release the feeling of being stuck, or even the vague feeling. You might not even be able to see it, because you're trying to escape it, or at least want to change this vague feeling—whatever it is."

Feng 2020-12-14 11:49:19 Actually, this is a good thing.

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Many people don't realize that getting stuck is a good thing.

Because the control program has surfaced.

Feng 2020-12-14 11:50:16 When you're stuck, your tendency to escape, or your tendency to forcefully suppress, surfaces.

Qing 2020-12-14 11:50:48 That makes sense. I do tend to avoid Releasing when I'm continuously stuck, but I also want to learn to Release, so I go back and forth.

Feng 2020-12-14 11:51:10 If you don't face this stuckness, it will continue to run you from within. Have you had the experience of Releasing emotions?

Qing 2020-12-14 11:52:00 **Qing** 2020-12-14 11:52:00 I can complete the three questions for Releasing emotions. But I have never experienced a successful Release. Releasing desires is completely stuck; I can't even complete one process.

Feng 2020-12-14 11:53:11 So, you haven't experienced the feeling of Releasing.

Qing 2020-12-14 11:53:23 Yes. This is what frustrates me. It seems so simple for you all, but I find it so difficult.

Feng 2020-12-14 11:53:55 Have you practiced with the video?

Yilin 2020-12-14 11:54:12 I've been going back and forth on one thing for a long time. It's clearly stuck, but I can't let it leave. Actually, I don't have the strength to let it leave.

Feng 2020-12-14 11:54:36 If you're stuck, you need to use the Fifth Step, Release the *wanting control* over being stuck.

Qing 2020-12-14 11:54:48 At first, I followed the video, but didn't feel much. Later, I just followed the text version of the process.

Feng 2020-12-14 11:55:16 You need to experience Releasing emotions first. Take out the emotional chart, find your feeling, then feel it directly for a while, using the three questions.

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Qing 2020-12-14 11:57:14 My feelings are mixed, in the first three categories, changing very quickly. Fear, despair, sadness.

Feng 2020-12-14 11:58:19 Release the most surface-level one, the most obvious one. If they are mixed together, it's okay. That's often the case.

Qing 2020-12-14 11:59:15 **Qing** 2020-12-14 11:59:15 I feel fear. I ask according to the three questions. There's no problem asking. I can ask, but while asking, I know my feeling, but I can't feel the feeling. I keep asking myself the three questions. This is how I practice.

Feng 2020-12-14 11:59:17 After asking, you need to feel the current feeling again.

Qing 2020-12-14 12:00:03 Mm, sometimes the feeling jumps. I ask about the current most obvious one. I just have a feeling that I seem to be feeling, but also seems like I'm mechanically asking and answering.

Feng 2020-12-14 12:01:06 The second process is the same as the first. Identify it, then feel it, then use the three questions.

Qing 2020-12-14 12:02:18 I've never experienced the feeling of an emotion leaving or pleasantness. I haven't had an obvious emotional Release either. But sometimes the three questions can make me feel a bit better.

Feng 2020-12-14 12:03:17 That's not enough. Releasing can sometimes be subtle, but most of the time it's obvious. So if you consistently don't experience obvious emotional Release, it means most of the time you are not Releasing.

Qing 2020-12-14 12:04:19 Yes, I've been in this state all along.

Feng 2020-12-14 12:05:23 One of the simplest ways is to try to become aware of your *wanting control*. You want to Release, you want to change this situation.

Qing 2020-12-14 12:05:25 Sometimes I can feel it when it's very strong.

Feng 2020-12-14 12:05:31 Release it, and then Releasing can proceed smoothly. Sometimes you haven't identified it.

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Treating it as background. For example, when Releasing, some people feel they must make an effort to control their mind from wandering. Some people feel they need to control the interval between questions, etc.

Qing 2020-12-14 12:08:09 There's also a situation: whether the feeling is strong or not, whether I can identify it or not, when I ask "Can I let it go?" there's no feeling of Release. I can't feel it leaving, and I can't feel it being there either. It's like it hides.

Feng 2020-12-14 12:08:20 This is a classic habit of suppression. You're pushing it back. So actually, you're using effort.

Qing 2020-12-14 12:08:44 Then how do I let go of this suppression, which I hadn't even noticed?

Feng 2020-12-14 12:10:08 Relax as much as possible. Then use the process. When you go to feel, don't try hard to feel. Because the most surface-level emotion requires no effort to feel. When you ask the questions, don't try hard to answer. If you can't experience Release, it's because you've added too much unnecessary effort to the process. Rather than simply applying the process.

Mojing 2020-12-14 12:10:25 What if it's just being very tired?

Feng 2020-12-14 12:12:37 Physically tired? Mm, mind and body. The goal might be too big. And in a hurry.

Feng 2020-12-14 12:13:26 Relax, Release *wanting control*.

Mojing 2020-12-14 12:13:38 Okay.

Caiqin 2020-12-14 12:13:49 Recently, I suddenly noticed that the persistent back pain I've had is gone. Before, I used to rely on massages etc. Lately, apart from Releasing, I haven't done anything related to my back. Could this be related to Releasing?

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Feng 2020-12-14 12:14:03 This often happens.

Caiqin 2020-12-14 12:14:16 Do I need to persist in Releasing to maintain this state as the norm?

Feng 2020-12-14 12:14:29 Continuous Releasing.

Caiqin 2020-12-14 12:14:38 Okay.

Qing 2020-12-14 12:14:45 It's so hard. It feels like I just can't learn. I'm stuck in the layer of despair.

Feng 2020-12-14 12:14:56 This is just a feeling.

Yangguang Nvhai 2020-12-14 12:15:06 Sometimes when I'm Releasing, I suddenly feel very angry. What's going on?

Feng 2020-12-14 12:15:18 Anger has surfaced. Any emotion can suddenly surface.

Caiqin 2020-12-14 12:18:23 @Feng How can I maintain continuous Releasing in daily work?

Feng 2020-12-14 12:18:49 Releasing once is simple. Releasing a second time is simple. Then Release again... Since the feeling is out, Release it. There is a huge amount of agflap in the subconscious.

Caiqin 2020-12-14 12:19:24 I can Release quite well when walking alone, on the bus, etc., but when working or interacting with people, I unconsciously forget to Release. It seems I still haven't developed the habit of continuous Releasing.

Feng 2020-12-14 12:19:31 Start again. Treat the Release as if it's your first time.

Caiqin 2020-12-14 12:29:00 @Feng Another question. Once, when I continuously Released into fear, the more I Released, the more scared I became. A flood of emotions and feelings emerged, with unbearable pain and discomfort. I couldn't feel any joy, but I could feel many emotions bubbling up. Later, afraid of falling back into the Release method taught by previous teachers, I forcibly stopped.

Feng 2020-12-14 12:29:50 Use the same process to Release. If stuck, Release *wanting control*.

Caiqinの 2020-12-14 12:29:59 @Feng I have a question. During Releasing, strings of emotions are brought out, and I keep feeling within the emotions.

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Is this also being stuck?

Qing 2020-12-14 12:30:05 But I keep Releasing and can't get rid of it. I just repeat this feeling.

Feng 2020-12-14 12:30:12 Start again. Treat each Release as if it were the first time. Maybe you'll learn in the next few minutes.

Qing 2020-12-14 12:30:19 Okay, I'll try Releasing again. Should I start with the three questions?

Feng 2020-12-14 12:30:24 Mm, start with emotions.

Qing 2020-12-14 12:30:33 Okay.

Caiqinの 2020-12-14 12:30:45 I've also experienced Releasing becoming easier and lighter. But I also often forget to Release and avoid Releasing. You need to remind yourself often.

Feng 2020-12-14 12:30:55 Releasing makes you feel better, so why not choose to Release?

Caiqinの 2020-12-14 12:30:59 @Feng Okay.

Feng 2020-12-14 12:31:12 Of course, you're not Releasing continuously. You're continuously stuck in emotions. Continuous Releasing means emotions continuously leave.

Caiqinの 2020-12-14 12:31:26 Oh, I see.

Feng 2020-12-14 12:31:38 Accompanied by continuously arising pleasantness and lightness.

Caiqinの 2020-12-14 12:31:47 I feel like one emotion just leaves, and another comes, string after string.

Feng 2020-12-14 12:31:52 Do you feel like you need to use effort when Releasing?

Caiqinの 2020-12-14 12:31:59 It seems I'm still stuck in emotions. The teacher before taught to dwell in feeling emotions, Releasing a major emotion took a long time.

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Feng 2020-12-14 12:32:12 That is continuously stuck in *wanting control*. The standard of the Sixth Step is lighter and more pleasant. Each Release will be more pleasant than the last, better than before the Release, more pleasant than before the Release. It doesn't require you to reach a certain height immediately. Each Release will be more pleasant than the last.

Qiji 2020-12-14 13:04:01 @Feng I want to ask where to place my attention. Every time I try to Release control, it's too hard.

Feng 2020-12-14 13:04:12 Just place your attention slightly on the feeling center. [Laughing]

Qiji 2020-12-14 13:04:01 @Feng Is it on the periphery or in the middle? Every time I get bounced away. It strongly resists me Releasing it.

Feng 2020-12-14 13:04:13 Don't worry about periphery or middle. The important thing is to be aware of the emotion. To Release desires, you need to be aware of that basic feeling.

Qiji 2020-12-14 13:04:29 I can't perceive the emotion. What I perceive is blockage. The emotion is suppressed. So usually, I am aware of the feeling of resistance to the blockage.

Guopan 2020-12-14 13:33:08 @Feng Why is it that often I feel my emotions are neither *wanting control* nor *wanting approval*, and I can't categorize them like that? Will this affect my Releasing results? In such cases, can I just simply Release the felt emotion?

Feng 2020-12-14 13:33:45 You can just Release the emotion, but you can also try to be aware of which desire it comes from and Release that. Releasing desires is much more efficient. It's not about categorizing, it's about being aware that it is *wanting control* or *wanting approval*.

Guopan 2020-12-14 13:33:54 It feels so abstract. What exactly is *wanting control*?

Feng 2020-12-23 12:34:12 *Wanting control* means wanting the world to be as you think it should be. You're stuck and want to be smooth.

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2020-12-14 Behind agflap, there is both *wanting approval* and *wanting control*

D 2020-12-14 19:08:13 Craving belongs to "*wanting approval*". I look at the chart every day, I've almost memorized it. [Facepalm]

Feng 2020-12-14 19:08:26 You've been Releasing for so long and still make such a beginner mistake?

D 2020-12-14 19:08:38 @Feng Correct me quickly.

Roller 2020-12-14 19:08:49 Basic desires drive emotions, nine emotions drive hundreds of feelings, feelings drive thousands of thoughts.

Feng 2020-12-14 19:08:55 Behind a flap, there is both *wanting approval* and *wanting control*. Do you still not understand this sentence? Be aware of whichever is more obvious and Release that one. The arrow was added by the illustrator for aesthetics, causing misunderstanding.

D 2020-12-14 19:09:26 I see. Got it. [Animated Emoji] Thank you all for the correction.

2020-12-16 Is "not wanting" actually *wanting control*?

Shuxin 2020-12-16 09:10:17 @Feng Regarding the vague feeling, sometimes I don't feel like I want to change it. So, should I proceed? Teacher.

Feng 2020-12-16 09:10:24 Then do you want to maintain it?

Shuxin 2020-12-16 09:10:38 No.

Feng 2020-12-16 09:10:49 Do you like this feeling?

Shuxin 2020-12-16 09:10:58 Does this "not wanting" mean *wanting control*? No, I don't like it.

Feng 2020-12-16 09:11:01 Then that is *wanting to change*.

Zai 2020-12-16 09:11:06 @Feng What if the feeling is liking it?

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Feng 2020-12-16 09:11:14 If you like a feeling, you have an attachment, a wanting to keep it.

Zai 2020-12-16 09:11:26 @Feng *Wanting control* [Grin]

Feng 2020-12-16 09:11:38 If you dislike a feeling, you have an aversion, a wanting to push it away. *attachment and aversion*.

Zai 2020-12-16 09:11:50 Got it, thanks.

Shuxin 2020-12-16 09:12:42 Teacher, I have another block. Sometimes something triggers intense rage in me, to the point of wanting to kill that person, wanting to swear, to curse. In such moments, I can't Release quietly. What should I do?

Feng 2020-12-16 09:12:57 First, allow this emotion to express itself. Then you'll be able to Release.

Shuxin 2020-12-16 09:13:00 Can I swear it out, just not at the person?

Feng 2020-12-16 09:13:09 Mm, if you really can't contain it. If you allow yourself to lose control a little, then lightly pay attention to your feeling.

Shuxin 2020-12-16 09:13:33 So, if I can contain it, better not to go crazy?

Feng 2020-12-16 09:13:54 The Sedona Method is a scientific (*methodological*) approach invented by Lester Levenson. Every step corresponds to a very precise method, no need to introduce any other concepts.

Shuxin 2020-12-16 09:13:59 Thank you, teacher.

Feng 2020-12-16 09:14:01 Don't suppress feelings. But don't let it explode too violently, leading to loss of control. Be especially careful when encountering strong emotions.

Shuxin 2020-12-16 09:14:12 When I really want to express but choose to hold back, that's suppressing the feeling, right?

Feng 2020-12-16 09:14:26 "We now spend 99% of our energy on the subconscious mind, suppressing accumulated past feelings. If all the anger surfaced at once, we would completely lose control and might harm someone. Therefore, it's necessary to suppress the accumulated anger. The same goes for grief. If grief surfaced all at once, we would be overwhelmed by it, to the point where we couldn't control ourselves. This applies to all emotions. There are too many accumulated past emotions. Therefore, we must spend most of our time suppressing

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these pressures. I call them pressures because every subconscious feeling wants to surface and show itself. We very carefully let it surface and let go of control, Release the逼迫 and drives in the subconscious, draining them out."

"A: This technique first shows you the complete picture of the mind and emotions, and how they relate. This technique allows your subconscious mind to surface, from where we don't look at it, to appearing before you—so that you can do something about it. It shows us four things we can do with feelings and emotions. The worst thing we can do is suppress. The second, slightly less bad thing, is avoid. The third thing we can do, which is the beginning of releasing from suppression, is to express your feelings or emotions. The fourth thing is what we are going to do: drain out your suppressed emotions."

These key parts have all been translated. If you don't allow it to express, you are suppressing it. But if too many feelings surface at once and you lose emotional control, you also cannot Release. Therefore, you need to let it surface very carefully. This process requires no effort.

Zai 2020-12-16 09:14:55 What does *attachment* mean?

Mu 2020-12-16 09:15:11 What to do when emotions are out of control?

Feng 2020-12-16 09:15:27 Attachment, holding on. If you really lose emotional control, let it be out of control for a while. Allow it to express, then you can Release.

Happy Time 2020-12-16 09:15:33 @Feng, what state is it when you have Released control over the body? Are there any signs before that?

Feng 2020-12-16 09:15:39 Release control over the body?

Happy Time 2020-12-16 09:15:44 Release control over all feelings.

Feng 2020-12-16 09:15:55 Release all feelings?

Happy Time 2020-12-16 09:16:00 Mm.

Feng 2020-12-16 09:16:04 A calm beyond everything, indescribable *imperturbability*. Absolute stillness that no person or thing can disturb. Lester Levenson said, in Sanskrit it's called *Nirvana*. When you temporarily quiet the mind completely through any method, you can briefly touch it.

Happy Time 2020-12-16 09:16:13 This process can be completed independently, without any external interaction, right?

Feng 2020-12-16 09:16:20 Mm.

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Feng 2020-12-16 09:16:20 This is what yogic science calls *Sabikalpa Samadhi*. But in *Sabikalpa Samadhi*, the power of the seeds still exists, so you can still fall back. Of course, when you reach *Nirbikalpa Samadhi*, all seeds lose their function. At this point, you still have residual karma, but eliminating it is just a matter of time. Some masters choose to retain that residual karma for longer, to continuously return to the world to help more people. Some masters achieve *Paramukta*, becoming a *Siddha* (perfect being), merging directly into the Infinite.

Happy Time 2020-12-16 09:16:25 I don't understand the rest. Just keep moving forward foolishly, continuously Releasing, right?

Feng 2020-12-16 09:16:29 For you, this is knowledge. Mm, implement the Six Steps. *Nirbikalpa Samadhi*, in the Six Steps, is merely the complete achievement of the First Step. Then the work has just begun. You will fall into the remaining five steps. Every choice and decision you make will naturally tend towards freedom. Because the seeds are ineffective, meaning the direction towards the world is no longer functional. Completely oriented towards the single direction of freedom. I can describe this stage using different teachings. In Buddhism, this is called the stage of Stream-Entry. Turning from the stream of ordinary people into the stream of noble ones.

Zai 2020-12-16 09:18:05 So this is where Stream-Entry comes from!

Feng 2020-12-16 09:18:13 "Noble disciple! Suffering, contemplation of suffering... origin... cessation... path, contemplation of the path, thoughts associated with the outflows

correspond to the Dharma, selecting, discerning, investigating, realizing, silent wisdom, awakening, observing – this is called Right View. It is noble, supramundane, without outflows, non- grasping, completely ending suffering, turning towards the end of suffering."

Zai 2020-12-16 09:18:26 What about in Taoist alchemy?

Feng 2020-12-16 09:18:52 Lester Levenson: Yes, that's the first step, and it's the first step of the method, isn't it? You must want freedom more than you want this world. Let me change the wording a little, but this is indeed what it was like in the beginning. Because it seemed to have no practical meaning for people, we modified it to "you must want freedom more than you want approval and control," because approval and control are equivalent to the world. But I think it's better to use "you must want freedom more than you want the world." If you achieve this, your behavior will then be: turn your direction away from the world, focus back on yourself (you), do what needs to be done to emerge from the world, and allow your infinite existence to simply be present here. So the first step is that you must want freedom more than you want the world.

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Taoist alchemy is not a method that can lead to freedom. Turn your direction away from the world, focus back on yourself, do what needs to be done to emerge from the world, and allow your infinite existence to simply be present here. Lester Levenson's words are too plain, so they are easily overlooked and ignored.

Hong 2020-12-16 09:19:06 Does quitting a job count as such an action? [Facepalm]

Feng 2020-12-16 09:19:18 No. This has nothing to do with any action. This is simply discovering what Lester Levenson called "the only source of joy." When you discover it, you can turn the direction. When the direction is completely turned, you will enter so-called *Nirbikalpa Samadhi*.

Qingxi 2020-12-16 09:19:46 Is it necessary to give up work and leave the crowd? I feel that in the crowd, in interpersonal interactions, the mind is active.

Feng 2020-12-16 09:19:50 When the seeds lose their effect, it means the direction towards the world completely loses its effect. Do you want to suppress that active mind?

Hong 2020-12-16 09:20:21 I hate interpersonal relationships. I really wish I could live a hermit's life.

Feng 2020-12-16 09:20:29 That is "aversion to the world."

Qingxi 2020-12-16 09:19:46 Currently, I need to Release this active mind. But after Releasing it completely and thoroughly, will the final outcome be as mentioned above? Leaving the crowd?

Feng 2020-12-16 09:20:58 This depends on your choice. Aversion to the world is not the same as wanting freedom. Understand this. Aversion and attachment appear as a pair. If

you have an attachment (wanting) for the world, you will also have an aversion to it. I find that many, many people mistake "aversion to the world" for wanting freedom.

I find that many, many people mistake "aversion to the world" for wanting freedom.

Qingxi 2020-12-16 09:21:32 Oh, so when you truly Release and become free, there is no difference between merging with the crowd and leaving the crowd? Non-dual, is that it?

Happy Time 2020-12-16 09:21:49 Release aversion, Release wanting, achieve through Goal Releasing, then let go. Can it be a process like this?

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The eternal stillness of infinite existence cannot be disturbed. After achieving through Goal Releasing, continue to Release attachment to the obtained things.

Zai 2020-12-16 09:23:09 **Zai** 2020-12-16 09:23:09 @Feng When the Four Dhyanas and Four Formless Attainments and Taoist alchemy reach certain levels (first dhyana, second, third, fourth), the inner visions differ. For example, I remember that reaching the fourth dhyana presents a mandala palace inner vision. None of these are methods for freedom, right?

Feng 2020-12-16 09:23:41 Not methods for freedom.

2020-12-16 Meditation is just a form of suppression

Feng 2020-12-16 09:58:10 I once practiced up to the second *jhana* in high school through Theravada meditation methods.

Meditation is just a form of suppression.

Zai 2020-12-16 09:58:28 But this is the method left by the Buddha, in the *Agamas*.

Feng 2020-12-16 09:58:46 The Buddha's path of seeking, he practiced all the way up to the attainment of neither-perception-nor-non-perception, yet knew in his heart that it was not true liberation. Therefore, he took his followers to seek, undergoing six years of asceticism. Then, he discovered that asceticism was also not the method of liberation.

Zai 2020-12-16 09:59:02 @Feng Then what was the method left by the Buddha that can lead to liberation and freedom?

Feng 2020-12-16 09:59:29 The *Agamas* never said that the four *dhyanas* and formless attainments can lead to liberation. Rather, it is contemplation of the arising and cessation of the twelve links of dependent origination, contemplation of the arising and cessation of the four foundations of mindfulness, contemplation of the arising of the world.

Zai 2020-12-16 09:59:52 Didn't the *Agamas* leave instructions on observing inner vision charts? Maybe I misremembered.

Feng 2020-12-16 09:59:55 No. The *Agamas* are the true original Buddhist scriptures. Although there are some additions and changes from the sectarian Buddhism period. But the *Samyukta Agama* still retains its original form as much as possible. The Buddha was a very rigorous teacher and would not leave such mystical teachings. I used to memorize many scriptures, but only after *Nirbikalpa Samadhi* did I know which parts had been altered, which had their order changed. Then, I could accurately understand and discern all the scriptures. And distinguish which are true masters and which are false masters.

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2020-12-16 Can't distinguish? Isn't that just *wanting to distinguish*?

Qingkong Wanli 483 2020-12-16 11:09:05 **Qingkong Wanli** 483 2020-12-16 11:09:05 I have more vague feelings. Sometimes I ask myself, do I want to be clearer? I don't even know if I want to or not.

Feng 2020-12-16 11:10:15 Sometimes fish forget they live in water.

Qingkong Wanli 483 2020-12-16 11:11:12 **Qingkong Wanli** 483 2020-12-16 11:11:12 Either I want to maintain that state, or I want it to be better. But sometimes I just can't distinguish, it seems like the subconscious wants to stay still, but I know I need to be better, so I'm 傻傻分不清楚.

Feng 2020-12-16 11:11:10 Can't distinguish? Isn't that just *wanting to distinguish*?

Qingkong Wanli 483 2020-12-16 11:11:20 Exactly! Haha @Feng Teacher, you're great.

Ye Minzhen Jamie 2020-12-16 11:12:16 @Roller Why did you leave earlier than Brother Feng? Your arrival is so timely.

Feng 2020-12-16 11:12:20 He needs to Release continuously until he's not affected, then come back.

Ye Minzhen Jamie 2020-12-16 11:12:25 [Animated Emoji]

Feng 2020-12-16 11:12:40 **Feng** 2020-12-16 11:12:40 Right now, when he guides you, he is affected.

Sui Le 2020-12-16 11:13:44 **Sui Le** 2020-12-16 11:13:44 @Feng When I Release desires, I unconsciously use effort. The inertia is too strong. Is there any way to be aware of this inertia?

Ye Minzhen Jamie 2020-12-16 11:14:13 I also want to leave the group as soon as possible and be free, no longer dependent on you @Roller.

Feng 2020-12-16 11:14:20 Leaving the group is not freedom. Leaving the group is just leaving the group. Discover your *wanting control*. See if you are not trying to see what feeling you are forcefully suppressing. Look at that stuck feeling. Then see how much you want to change it.

Guo Xingxing 2020-12-16 11:17:50 This is very powerful. "How much you want to change it." Is this to gaze with the emotion?

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Feng 2020-12-16 11:17:59 Just see that you want to change it. Look at the stuck feeling. If you're stuck, you definitely want to change it.

Feng 2020-12-16 11:18:10 Then that *wanting to change* surfaces and is Released. What happens when *wanting to change* is Released? Of course, the situation changes naturally.

Shundao (**walking) 2020-12-16 11:18:20 @Feng Teacher, as soon as I Release, I get stuck. The stuck feeling is all *wanting control*. As soon as I Release, I want to Release it completely.

Feng 2020-12-16 11:18:26 Then you won't be stuck. That stuck feeling will obediently surface and be Released. Yes, notice it and Release this.

Wan Xiaoli 2020-12-16 11:19:15 Sometimes when I get stuck, I wait a while and it leaves. Is that okay? @Feng

Sui Le 2020-12-16 11:19:20 @Feng But in the afternoon, I had two Releases that brought joy. I laughed to myself. Today, I'm stuck again.

Feng 2020-12-16 11:19:29 Be proactive. Don't wait. Although you shouldn't be eager to control this Release process, don't be passive either. Actively ask yourself if you can be aware of the *wanting to change*, if you can let it leave.

Feng 2020-12-16 11:20:30 Normal thing.

Wan Xiaoli 2020-12-16 11:21:40 I've tried. The more effort I put in, the tighter I grab, and then I mess myself up.

Guo Xingxing 2020-12-16 11:21:55 Seeing this sentence, I couldn't help but laugh again.

Feng 2020-12-16 11:22:47 Don't make an effort. Do it continuously, but without effort. At first, you might be a bit confused about this, but once you're familiar, you'll know what it means.

Wan Xiaoli 2020-12-16 11:23:10 Proactive without effort? @Feng

Feng 2020-12-16 11:24:38 Yep. Proactively Release, effortlessly. If you find yourself falling into the habit of effort, it's just a control program. Release this *wanting control*. Many people are afraid of getting stuck, so they dare not Release proactively.

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Xiao Yi 2020-12-16 11:25:00 I really want to cry, but I can't. I feel like I want to vent thoroughly, to live as I should.

Feng 2020-12-16 11:25:06 But being passive, isn't that also *wanting control*?

Xiao Yi 2020-12-16 11:25:18 Does this also need to be Released?

Feng 2020-12-16 11:25:34 Also, it's just *wanting control* in an agf state. Being passive isn't a good word. You can look at the *goals and winning* article. Also, inaction won't help. Only Releasing helps. The only way to solve being stuck is to Release the control program causing the stuckness. Not passively waiting for the stuckness to disappear automatically.

Wan Xiaoli 2020-12-16 11:28:29 *Goals and winning* – You must win the goal.

ZOEY 2020-12-16 11:33:45 @Feng After Releasing the *wanting control* over being stuck, do I need to go back to the previously Released *wanting control/approval* and ask if this wanting is still there? Or does Releasing the *wanting control* over being stuck end one process?

Feng 2020-12-16 11:34:19 Go back to the previous feeling and see if you're still stuck. If you're still stuck, Release *wanting control* again.

Vian 2020-12-16 11:35:11 @Feng For Goal Releasing, do I have to Release until I feel I've already obtained it? If I've been Releasing for two weeks and it still hasn't manifested, what's the reason?

Feng 2020-12-16 11:35:19 To Release a stuck situation, you might need to Release *wanting control* several times. That's okay. At least you have to Release to that state. For the goal, you might no longer want it. But the goal is not the point.

Vian 2020-12-16 11:37:45 But didn't Lester Levenson say you must achieve it?

Feng 2020-12-16 11:37:49 Yes.

Vian 2020-12-16 11:38:54 @Feng What is the point then?

Feng 2020-12-16 11:38:59 [Group chat log] 【 Feng: "What if I just want the goal to manifest? Can it manifest immediately?" ===== Page 85 =====

Feng: For example, suppose your goal is one million. If you now say you don't want the money, great. Then after you manifest the one million, throw it into the river. 】

Feng 2020-12-16 11:38:15 So I gave this example. Suppose your goal is one million. If you now say you don't want the money, great. Then after you manifest the one million, after you manifest it, throw it into the river. After manifesting it, if you don't want it, just throw it away. But don't compromise with the mind. You must prove to yourself that you have that ability. The Sixth Step is to feel more pleasant. You can become even more pleasant, more pleasant until before ultimate freedom, you can become more pleasant again. With each Release, you will become more pleasant. This is the Sixth Step. Actually, I suggest not saving money obtained through Release. If you Release to one million, you need to continue Releasing your attachment to it. Then you can spend it immediately. Because you will know that you have the ability to create at any moment from within.

Wenlan 2020-12-16 11:43:51 **Wenlan** 2020-12-16 11:43:51 @Feng After Releasing the desire for approval and control regarding a goal, and reaching a state of relaxed pleasantness, after some time, regarding the same goal...

Feng 2020-12-16 11:43:59 Saving is driven by a sense of insecurity.

Sui Le 2020-12-16 11:44:10 @Feng Got it. Money obtained through Release, don't save it.

Feng 2020-12-16 11:44:19 No, no. I'm not giving behavioral instructions not to save. I hope you can continue Releasing attachment after achieving the goal, until you are internally sure you have the ability to create at any moment. This is the result of not Releasing continuously. If you don't Release continuously, it will develop again.

Wenlan 2020-12-16 11:48:38 Continuous Releasing means even after reaching relaxed pleasantness, continue Releasing?

Feng 2020-12-16 11:48:40 Of course. Look at that article, *get high to release*.

Feng 2020-12-16 11:49:00 If you Release each time just to get high and then stop, then you will keep going up and then down,

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repeating the cycle.

Yilin 2020-12-16 11:49:17 @Feng I Released for the goal of losing weight, but it didn't manifest within the set time. Do I need to set a new time limit and continue Releasing?

Feng 2020-12-16 11:49:24 After emotions rise, you should continue Releasing to dig out deeper garbage.

Feng 2020-12-16 11:50:44 Yes.

Wenlan 2020-12-16 11:50:49 Already relaxed and happy, no control or approval felt, then I don't know what to Release.

Vian 2020-12-16 11:51:04 @Feng After Releasing for a long time without manifesting, a feeling of frustration arises. This is also because the human heart still has some limiting feelings that haven't been Released, right?

ZOEY 2020-12-16 11:51:16 @Feng For goals that haven't manifested within the set time, several rounds already. Each time I set 3 days to push myself not to procrastinate. Is this okay?

Feng 2020-12-16 11:51:28 Ask yourself if you want to feel better. Yes, it's just a feeling.

Feng 2020-12-16 11:52:16 It's okay, but be careful not to suppress.

Yilin 2020-12-16 11:52:50 @Feng After each Release to relaxed pleasantness, if I continue Releasing, it becomes平静. Is that right?

Feng 2020-12-16 11:52:57 Pushing might lead to suppression.

Vian 2020-12-16 11:52:59 Thanks, Feng.

Feng 2020-12-16 11:52:59 You're welcome. You can keep Releasing. Releasing is such a light and pleasant thing, why stop? Don't stop until ultimate freedom.

Zhang Dai 2020-12-16 11:53:36 What to do if the goal isn't achieved within the set time, and a feeling of frustration arises?

Vian 2020-12-16 11:53:48 After Releasing for a while, can you Release while doing anything? Right now, I can only Release when focusing.

Feng 2020-12-16 11:55:10 Release it, what else can you do? Do you think those feelings of frustration are newly generated? They are accumulated past experiences of failure. If you don't face them, they will stay inside. Yes. Once you're used to Releasing, you can Release while doing anything.

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Star of Bethlehem 2020-12-16 16:02:54 Feng, many people find the Release Method difficult. What are the main reasons?

Feng 2020-12-16 16:03:20

First, some people can't find the feeling of Releasing.

For example, in the advanced group, there is someone who practices and studies Releasing very seriously. She has practiced for a long time and still can't find the feeling. But this inability to find the feeling is just not practicing enough. Actually, this part is easy to overcome.

Next, there are those who have already found the feeling of Releasing.

For this group, the difficulty is mainly due to two tendencies: one is suppression, the other is avoidance. Overall, it's being stuck.

Then there's another group who find it difficult because they lack motivation to Release.

This is also simple: they haven't gotten benefits from Releasing, or they don't believe the Release Method can bring them these benefits. If you can use the Six Steps, you won't find it difficult. Stephen finds it difficult simply because he hasn't implemented the Six Steps.

If you can't do it in a month, if you can't do it in two months, then for you, freedom is impossible. You can't drag it out very long. You can't say, I'll do a little bit each day, and become free in over ten years.

Implement the Six Steps. Either you solve it within one or two months, or you'll never do it in a lifetime. Because if you haven't become free in one or two months, then you are not in the Six Steps. If you're not in the Six Steps, how can you possibly be free? Following the Six Steps, you can reach a very high state in a week, even enter *Nirbikalpa Samadhi*. If you drag this process out very long, then you are definitely not in the Six Steps.

Lester Levenson tells you, one Release is equivalent to months of meditation. One Release only takes a few seconds. You only need a few seconds to equal months of meditation. This method is the most efficient. You can look at the Six Steps and know if you're in them.

If you are in the Six Steps, your Releasing will be continuous, and your pleasantness will continuously increase. Make the decision for freedom. Decide not to stop until you reach freedom. Deciding to get everything you want through Releasing will also keep you Releasing non-stop.

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Before reaching the end, you will always have things you want. Everything is everything. You simply get everything you want through Releasing. This also allows you to implement the Six Steps. Pick up any one of these guidelines and you can be free. First, achieve getting what you want in the material world, then reach the stage Lester Levenson called "materialization and dematerialization." If he continued, he could materialize and dematerialize. Make matter appear and disappear instantly. Just change the image in the mind, and matter changes immediately. Reaching this stage, you still need to Release further. Completely transcend the karma of the material world, astral world, and causal world to reach infinite existence.

2020-12-16 Can Wang Yangming's School of Mind lead to freedom?

Othi 2020-12-16 22:12:19 @Feng Can Wang Yangming's School of Mind lead to freedom?

Feng 2020-12-16 22:12:56 No. One of the key points of the School of Mind is its critical differentiation of teachings. In his *Instructions for Practical Living*, he strongly argues for the difference between Confucianism and others. People who interpret Wang Yangming's School of Mind as a spiritual text probably haven't even finished reading the complete *Instructions for Practical Living*.

Yitian 2020-12-16 22:17:26 What is the core of Yangming's School of Mind? @Feng

Feng 2020-12-16 22:17:45 Extending innate knowledge (*zhi liangzhi*). The specific practice is "focusing on one" on the heavenly principle.

Yitian 2020-12-16 22:18:12 Is *liangzhi* the true Self?

Feng 2020-12-16 22:19:30 When being filial, focus solely on filial piety; when being fraternal, focus solely on fraternal piety. The term *liangzhi* comes from *Mencius*.

Yitian 2020-12-16 22:19:48 Is this what the *Great Learning* calls "making the will sincere"?

Feng 2020-12-16 22:19:55 Of course not. There's no need to study Wang Yangming's methods, because he is not any kind of liberated being.

Nothing 2020-12-16 22:20:31 What about the *Analects*?

Feng 2020-12-16 22:20:36 The School of Mind comes from the mind.

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Shitian 2020-12-16 22:20:59 So what state did Wang Yangming actually realize?

Feng 2020-12-16 22:21:16 Confucius was a master, which is why Yogananda also hung his portrait in his classroom. But Zhu Xi and the later followers of Yangming only engaged in philosophical interpretations mixed with some "states of concentration."

Nothing 2020-12-16 22:22:08 @Feng Can the *Analects* lead to liberation?

Feng 2020-12-16 22:22:18 The method has been lost. Just reading the *Analects* alone won't reveal the method.

Yitian 2020-12-16 22:23:07 From the perspective of the Release Method, does Yangming's School of Mind also involve suppressing emotions?

Feng 2020-12-16 22:23:25 You could certainly say that.

Yitian 2020-12-16 22:24:11 Confucius's saying, "To learn and then practice it constantly, is this not a pleasure?" What exactly was he learning?

Feng 2020-12-16 22:24:45 The official studies of the Zhou dynasty, the six arts of the gentleman.

Yitian 2020-12-16 22:26:22 Can learning these things lead to profound states?

Feng 2020-12-16 22:27:46 No, these are just skills.

Yitian 2020-12-16 22:28:17 How did Confucius become a master?

Feng 2020-12-16 22:28:24 The profound states lie in the "Great Learning" path, which was taught only to a select few.

Yitian 2020-12-16 22:29:30 What is the difference between the "investigation of things" (*gewu*) in the *Great Learning* and Mr. Yangming's "*gewu*"?

Feng 2020-12-16 22:29:56 There is a significant difference. The nuances here would take a long time to explain clearly.

Yitian 2020-12-16 22:30:56 Give an overview first.

Feng 2020-12-16 22:31:04 From making bright virtue clear throughout the world, down to the investigation of things. From the things being investigated, to the world being at peace.

Yitian 2020-12-16 22:31:37 What does "thing" (*wu*) refer to?

Feng 2020-12-16 22:32:42 Everything. But there are two aspects here.

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Thing (*wu*) – investigate things (*gewu*) – things investigated (*wuge*).

Feng 2020-12-16 22:33:06 Events have beginnings and ends, things have roots and branches.

Mu 2020-12-16 22:33:13 Can I, for example, Release while watching a movie?

Feng 2020-12-16 22:33:29 I don't engage in any entertainment activities unless I want to pull myself down. Doing things is feasible. But when you watch a movie, if your intention is on the movie, and you are drawn away by the plot, then you cannot Release. Because you are getting joy from the movie plot, not from within.

Shidai Wanwu Huliian 2020-12-16 22:35:51 Teacher Feng, do you know what state the few of us are in? Who in this group can become free?

Feng 2020-12-16 22:37:01 Try it. How do you know without trying? Anyone can become free. But very few people want freedom.

Yixuan 2020-12-16 22:39:17 @Feng Can you lead us in a group Release?

Feng 2020-12-16 22:40:50 I don't lead group Releases. That wouldn't be helpful. True help is to make the Release Method a method of self-reliance. A person cannot reach freedom by relying on others. This is going against the path. The attempt to find power externally prevents the discovery of the true source of infinite power. *That's it.*

Yitian 2020-12-16 22:43:24 Since Confucius was a master, he must have been free.

Feng 2020-12-16 22:44:00 Although I can restore Confucius's method in *samadhi*, his method is almost unusable by anyone in this era.

Feng 2020-12-16 22:44:14 So I won't do such work.

Yixuan 2020-12-16 22:44:14 @Feng Was the Sixth Patriarch free?

Tiancheng 2020-12-16 22:44:27 Mm.

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Feng 2020-12-16 22:44:47 Huineng was free, and there were quite a few free masters in the Linji school. Yes.

Tiancheng 2020-12-16 22:45:37 Where is Confucius teaching now?

Feng 2020-12-16 22:46:06 They are all in *Hiranyaloka*.

Xu Tao 2020-12-16 22:46:09 Lester Levenson recommended *Autobiography of a Yogi*. Everyone, read it when you have time.

Zai 2020-12-16 22:46:12 @Feng Why don't you develop an even simpler method for all beings to become free?

Feng 2020-12-16 22:46:32 There are 112 methods in total. In different eras, masters will reveal different methods. The most suitable method for this era is the Release Method.

Shidai Wanwu Huliian 2020-12-16 22:47:14 112 methods. Isn't there one that's not self-reliant?

Feng 2020-12-16 22:47:22 Therefore, masters left one after another around 1952, especially Yogananda, who chose to leave on March 7, 1952. All require self-reliance.

2020-12-16 One Release only takes a few seconds

Shidai Wanwu Huliian 2020-12-16 22:52:01 Oh, I see. I feel that self-reliance is hard for people in this era. For example, how should I help others?

Feng 2020-12-16 22:52:15 True help for others is to Release your *sense of self*. You will know from a higher perspective what is best for a particular person. Not just停留在 superficial help. *sense of ego*. That is your mind. The mind is constructed around the ego.

Sui Le 2020-12-16 22:53:41 @Feng While we are using Release, are we also using the method of love from Lester Levenson's book *The Power of Love*?

Feng 2020-12-16 22:54:03 No. Actually, Lester Levenson told you in the audio that he took three months, and that three months included exploration time.

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He said if he had known the Six Steps from the beginning, he would only have taken a month or less. Easy, or impossible. If you can't do it in a month, if you can't do it in two months, then for you, freedom is impossible. You can't drag it out very long. You can't say, I'll do a little bit each day, and become free in over ten years. Implementing the Six Steps, either you solve it within one or two months, or you'll never do it in a lifetime. Because if you haven't become free in one or two months, then you are not in the Six Steps. If you're not in the Six Steps, how can you possibly be free? Yes, the Six Steps are the complete map. You don't need to add anything else to it.

Yixuan 2020-12-16 22:56:19 @Feng You know the state of each of us. Am I Releasing correctly? I Release every day and never finish.

Feng 2020-12-16 22:56:39 Definitely not right.

Yixuan 2020-12-16 22:56:40 I don't know where I'm wrong.

Feng 2020-12-16 22:57:11 Following the Six Steps, you can reach a very high state in a week, even enter *Nirbikalpa Samadhi*. If you drag this process out very long, then you are definitely not in the Six Steps. Lester Levenson tells you, one Release is equivalent to months of meditation. One Release only takes a few seconds. You only need a few seconds to equal months of meditation. This method is extremely efficient. You can look at the Six Steps and know if you're in them.

If you are in the Six Steps, your Releasing will be continuous, and your pleasantness will continuously increase.

Shidai Wanwu Huliian 2020-12-16 22:57:22 Second Step, is this decision for freedom a decision to be free or a decision to Release?

Feng 2020-12-16 22:57:38 Make the decision for freedom. Decide not to stop until you reach freedom.

Zai 2020-12-16 22:57:44 At our current level, can we temporarily ignore the First and Second Steps? When we reach Stream-Entry, will we need to use these two steps?

Feng 2020-12-16 22:58:04

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When the Buddha sat under the tree, he decided "I will not rise until I find the path to liberation." It's not about ignoring the First and Second Steps. The complete achievement of the First Step requires Stream-Entry. But if you don't actively apply the First and Second Steps, you also cannot reach Stream-Entry. The Six Steps require you to actively implement them. Then, when you completely achieve the First Step, the remaining five steps will carry you along. So, for you, the most practical teaching is Lester Levenson's most recommended teaching: *get everything by releasing only*.

Shidai Wanwu Huliian 2020-12-16 22:58:18 I don't feel anything about goals right now.

Feng 2020-12-16 22:58:44 Because you always have wants. Decide to get everything you want through Releasing. This will also keep you Releasing non-stop. Before reaching the end, you will always have things you want. *everything means everything*. Everything is everything.

You simply get everything you want through Releasing. This also allows you to implement the Six Steps. Pick up any one of these guidelines and you can be free. First, achieve getting what you want in the material world, then reach the stage Lester Levenson called "materialization and dematerialization." That is what Lester Levenson showed you: what you want arrives effortlessly. Michael reached this stage. But Lester Levenson said he did not continue. If he continued, he could materialize and dematerialize. Make matter appear and disappear instantly. Just change the image in the mind, and matter changes immediately. Reaching this stage, you still need to Release further. Completely transcend the karma of the material world, astral world, and causal world to reach infinite existence. I'm just repeating the complete map.

Zai 2020-12-16 22:59:01 Thank you, Feng!

Feng 2020-12-16 22:59:06 You're welcome. Keep it simple, implement the Six Steps.

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2020-12-20 A desire is a *basic feeling*, not a thought

Feng 2020-12-20 11:45:23 No, I meant first learn to Release emotions. After learning to Release emotions, you can learn to Release desires. Then you directly Release desires. But be careful: a desire is a *basic feeling*, not a thought. When it is Released, the experience of Release is deeper.

2020-12-21 Don't resist your physical sensations, instead release your *wanting to control*

Ming 2020-12-21 22:56:48 Teacher Feng is in retreat. He has restored the original appearance of the Release Method.

I am infinite 2020-12-21 22:57:26 He's not in retreat. He's infinitely close to freedom, why would he need to retreat? The "karma" of the material world was Released by him long ago. If you have questions, go ask him. He has plenty of time.

Ming 2020-12-21 22:58:30 So he's out of retreat.

I am infinite 2020-12-21 22:58:33 Feel free to ask in the group. Everyone can learn. There's no retreat. No need to go into any retreat.

Shunxing 2020-12-21 23:00:06 I want to know what Feng's current state is like.

I am infinite 2020-12-21 23:00:35 You can consider him already free.

Ming 2020-12-21 23:01:14 Didn't he say he wanted to establish an original Release Method center? Will this become a reality?

I am infinite 2020-12-21 23:01:24 No. No one in the group consults him. Why set up a center? Do you want to chat with him?

Ming 2020-12-21 23:07:39 I always close my eyes when Releasing. Is this an obstacle? It seems like closing eyes symbolizes turning inward. How to change this?

Feng 2020-12-21 23:10:18 This is a *wanting control*.

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Release it.

Ming 2020-12-21 23:12:01 Okay, thanks.

Jiang Guochun 2020-12-21 23:19:36 @Feng Encountered a problem. Been practicing Releasing for over two weeks. Today, I started feeling timid and afraid inside. My mind constantly fantasizes about accidents that might kill me. For example, while walking, I randomly imagine a big hole suddenly appearing and me falling in. While riding a bike, I imagine a car suddenly appearing and hitting me. Crossing the street at a crosswalk, I'm afraid a car might suddenly hit me. It's like I have phobia. Before, I only feared death when facing certain diseases. Now, I fear death everywhere. I think I've stirred up the fear inside. Seems like a good thing, maybe. Ask me how to Release? How should I phrase the questions?

Pingjing Ziyou 2020-12-21 23:20:22 @Feng Happy to see Teacher Feng here.

Feng 2020-12-21 23:20:38 The questions are still the same. Can you allow yourself to be more aware of this *wanting safety*? Can you let it leave?

Pingjing Ziyou 2020-12-21 23:24:32 What to do? Sometimes I feel like it's not my turn. Such a 牛逼 thing as infinite freedom? @Feng

Feng 2020-12-21 23:25:00 This is just a thought.

Jiang Guochun 2020-12-21 23:27:29 Sometimes I don't know how to ask. Sometimes my mind wanders and I can't form the questions. But there is a reaction in my chest and abdomen.

Feng 2020-12-21 23:28:05 If you've learned it, this is a very simple thing. Just two sentences.

Jiang Guochun 2020-12-21 23:28:46 I think it's *wanting approval*. I've asked several times and this is the answer. Allow. Be aware. *Wanting approval* and *wanting control*. Can it leave? I just use these main words to ask.

Feng 2020-12-21 23:30:46 The key point is: have you experienced the Release?

Jiang Guochun 2020-12-21 23:32:20 I want to meet you in person and learn. I feel I lack confidence without a teacher guiding me.

Feng 2020-12-21 23:33:32 I prefer to live in seclusion.

Ming 2020-12-21 23:33:33 @Feng I Released for an hour this afternoon. At the beginning, I felt apathetic and helpless. During the Release, I gradually felt energetic. Does this count as experiencing Release? I'm not entirely sure.

Feng 2020-12-21 23:33:50

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If we have the chance, we will meet. Don't treat me as a teacher. Implement the Six Steps. If you're unsure, follow the process a few more times until you are sure. The feeling of Release is very certain. Sometimes it can be subtle, but it won't be subtle all the time.

Ming 2020-12-21 23:36:41 @Feng Actually, it's quite obvious. The feeling before and after Release is very different.

Feng 2020-12-21 23:37:07 Then continue Releasing.

Pingjing Ziyou 2020-12-21 23:37:08 Regarding my question, what does continuous Releasing feel like? I have feelings sometimes, and sometimes I don't. If I don't, I just stop or fall asleep.

Feng 2020-12-21 23:37:34 True continuous Releasing means feelings constantly emerge and are constantly Released. You won't be without feelings; you just have subtle feelings.

Ming 2020-12-21 23:38:32 @Feng Is it possible to jump directly from apathy to courage? Or must one go up step by step?

Feng 2020-12-21 23:38:45 Now we are all doing this together, but you should make a sufficiently strong decision. You can do it in a few weeks, a few months. Therefore, focus all your desires on one desire – freeing yourself from your mind. Even when you are with others, you can Release continuously, all day long, without stopping. You've probably experienced the state where it comes up and floats out, comes up and floats out. You've probably experienced (feelings) constantly rising and surfacing, rising and surfacing. You must reach, achieve this. Really, there is so much "garbage." Occasional Release also has some benefit. But if you want to Release it all, a large amount of Release, continuous Release, look at the Six Steps. You must keep Releasing continuously. Continuously let (feelings) rise up and drain out all day long. You become aware of a certain feeling and Release it. It's a bit like sitting and watching it, watching it happen continuously.

Shuxin 2020-12-21 23:38:50 @Feng Sometimes when Releasing, the physical sensations are very heavy, like a very strong lump in the throat. I feel it hinders my answers. I always unconsciously judge whether the *wanting control* has left or stayed based on the intensity of the physical sensation. How do I overcome this?

Feng 2020-12-21 23:39:11 Each Release will shoot your feeling up above courage. But the heavy feelings underneath will immediately fill in. It's like pulling tissues: pull one, then another.

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Pingjing Ziyou 2020-12-21 23:40:40 I wonder, can even very垃圾 people become free? I feel so菜, so菜,菜 since birth.

Feng 2020-12-21 23:41:09 This is just a feeling.

Feng 2020-12-21 23:41:20 Don't resist your physical sensations, instead Release your *wanting control*. If you are stuck there, pay attention to the stuck feeling, and Release the *wanting control* over it.

Shuxin 2020-12-21 23:44:10 @Feng So, I first need to Release the *wanting control* over the throat lump, and then go back to Release the feeling that originally caused the throat lump? Sometimes I get confused.

Wei Nuan 2020-12-21 23:46:01 Feng, is my true Self and your true Self the same? Or are they individual?

Feng 2020-12-21 23:46:18 Release the *wanting control*, and the lump will be gone. Try it. Of course they are one.

Shuxin 2020-12-21 23:46:59 @Feng I'm grateful to you.

Feng 2020-12-21 23:47:41 You're welcome.

Zongzhen 2020-12-21 23:50:13 @Feng Excuse me, can the Release Method only be used to Release oneself, to free oneself? Can it be used to Release for others?

Feng 2020-12-21 23:50:59 Freedom must be achieved through one's own intention. Once you understand the path, a master can sometimes even be a pull for you. Because dependence can occur. Once you depend on anything, you go against freedom.

Zongzhen 2020-12-21 23:53:59 @Feng If a family member is sick and in pain, and I hope they recover, if I Release my *wanting control* over this hope, will the family member's health improve?

Feng 2020-12-21 23:54:40 It will. (Editor Omega's note: Will the family member's health improve?) It's just an image of yours. Regarding this part, you can look at the last step of *Ultimate Freedom*. Lester Levenson explains it in detail. But it's okay if you don't read it. Anyway, the answer is that you can do anything you want.

Zongzhen 2020-12-21 23:57:04 Including my hopes for others, can they also be realized?

Feng 2020-12-21 23:57:43 You can do it.

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But you might not choose to do it. After Releasing, your intuition will let you see more broadly.

Wei Nuan 2020-12-21 23:58:44 Feng, what does the Mahayana term "cultivating the three bodies" mean?

Feng 2020-12-22 00:00:30 In Buddhism, it refers to the three kinds of aggregates. But explaining this theory is meaningless.

Zong 2020-12-22 00:01:19 **Zong** 2020-12-22 00:01:19 Excuse me, after becoming aware of a desire, can I Release it directly without first analyzing and distinguishing whether the desire stems from *wanting control* or *wanting approval*?

Sunny Zhuang 2020-12-22 00:01:28 Excuse me. **Sunny Zhuang** 2020-12-22 00:01:28 I set a goal for myself (on the material level). Starting from despair, grief, fear, today I suddenly started to have courage. Should I continue Releasing? Release emotions, or the control level?

Feng 2020-12-22 00:01:53 When you are aware, you will recognize it. Continue Releasing basic desires.

Wei Nuan 2020-12-22 00:04:01 **Wei Nuan** 2020-12-22 00:04:01 Teacher Feng, I'm a beginner. I haven't yet determined whether I've learned to recognize the levels of feelings and emotions. I often get stuck by the control desire. Should I try to Release desires too early?

Feng 2020-12-22 00:04:57 Learning to Release emotions takes two days. Release once, then Release again. Release a few more times, and you'll learn.

Wei Nuan 2020-12-22 00:05:16 How come it's been so many days for me?

Feng 2020-12-22 00:05:21 Then you can learn to Release desires. No need to complicate it. Don't make it too complicated.

Wei Nuan 2020-12-22 00:05:32 What if I'm too lazy? Too afraid of difficulty?

Feng 2020-12-22 00:06:00 Laziness is just a feeling. It's the emotional state of apathy.

Wei Nuan 2020-12-22 00:06:21 What about not wanting to Release?

Feng 2020-12-22 00:06:30 Then decide to Release. One decision can make you go Release.

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Okay.

Sunny Zhuang 2020-12-22 00:08:24 So, Release the emotions it brings, or Release the goal?

Feng 2020-12-22 00:09:13 Releasing is only for feelings. Goal Release is about Releasing the feelings brought by the goal. The most efficient way is to Release the basic feelings, i.e., *wanting control, approval, and wanting safety*.

Sunny Zhuang 2020-12-22 00:10:00 Even emotions like courage, acceptance, peace need to be Released?

Zongzhen 2020-12-22 00:11:22 @Feng Excuse me, at any time, can I directly ask: Can I Release this feeling and let it leave?

Huanlesong 2020-12-22 00:12:08 Do I always need to look at the emotional chart when Releasing desires?

Feng 2020-12-22 00:12:24 Do the complete process. Allow yourself to be aware of the feeling, then let it leave. Yes (Even emotions like courage, acceptance, peace need to be Released?) No need. (Do I always need to look at the emotional chart when Releasing desires.)

Ming 2020-12-22 00:15:01 @Feng Can Byron Katie's "The Work" lead to a state of freedom? Off-topic question.

Pingjing Ziyou 2020-12-22 00:15:46 Sometimes I don't even know what the point of control is. I just briefly归纳 with my mind that it's control. @Feng What to do?

Feng 2020-12-22 00:17:16 No. (Can Byron Katie's "The Work" lead to a state of freedom?)

Feng 2020-12-22 00:17:58 Just try your best to feel.

Ming 2020-12-22 00:18:06 From now on, I'll exclusively practice Release.

Feng 2020-12-22 00:18:48 True masters are very few. Most methods are not methods for freedom. To avoid unnecessary disputes, I won't comment on them one by one.

Feng 2020-12-22 00:19:16 When you reach *Nirbikalpa Samadhi*, you can know that there are methods that can lead to freedom. Any true classic can restore it.

Hao Qianqian 2020-12-22 00:19:47 After Releasing, I always want to burp or even vomit, but nothing comes out. Is the feeling of gas being expelled also correct?

Feng 2020-12-22 00:19:55

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So, get to that place as soon as possible, and all doubts will disappear. Keep Releasing.

Releasing has nothing to do with the feeling of gas being expelled.

Ming 2020-12-22 00:20:35 Is this *samadhi* what Lester Levenson talked about?

Feng 2020-12-22 00:20:38

The validation standard for Release is whether your feeling has become lighter and more pleasant.

He talked about it in the early days, but stopped mentioning it later. This is a term from yogic science. It is explained in detail in Yogananda's book. But I don't recommend looking at this kind of intellectual knowledge. The complete map is contained in the Six Steps.

Pingjing Ziyou 2020-12-22 00:22:08 @Feng So no need to read any other books? Just follow the original Release Method?

Feng 2020-12-22 00:22:11 Everything you need to know intellectually is in the Six Steps. To reach freedom, you only need it. Nothing outside it is needed.

Hao Qianqian 2020-12-22 00:25:20 @Feng So is it just about continuous Releasing? Most of the time, I succumb to reality and go do things.

Feng 2020-12-22 00:25:30 Action does not affect Releasing. Action will stir up more feelings. Release them as they surface.

Dabao 2020-12-22 00:26:03 @Feng Yesterday, I suddenly had an intuition. Is the brain like a 3D printer? If you let the machine manifest itself, it will be a mess.

Feng 2020-12-22 00:26:29 This kind of intellectual question doesn't really need an answer. The mind is only creative. Whatever you put into it, it will manifest. But it is you yourself who decides to put in a thought or feeling. You are the responsible one for all this. An important teaching of Lester Levenson is to *take full responsibility*. Therefore, remember that you are using the mind. This way you can undo it. Through Releasing. Just implement the Six Steps. All feelings can be Released. Use the same process to Release.

Leng Xiaomei 2020-12-22 00:36:33 Is physical discomfort also a feeling?

Feng 2020-12-22 00:38:33 Physical discomfort is a physical sensation.

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It is a result. Therefore, Release the *wanting control*, *wanting approval*, *wanting safety* that the physical sensation stirs up. That's it for now. I won't guide anymore. Believe in yourself. You can do it.

Pingjing Ziyou 2020-12-22 00:48:33 **Pingjing Ziyou** 2020-12-22 00:48:33 @Feng Guide a bit. Impatient with the Release Method – Release *wanting approval* – Eagerly want the result of infinite freedom – Release *wanting control* – Want the result of infinite freedom for a certain goal – Release this *wanting control* again – The certain goal brings some more feelings –

Pingjing Ziyou 2020-12-22 00:48:57 @Feng Just Release continuously like this.

2020-12-22 Overview of the Releasing Process

Feng 2020-12-22 00:50:08 Let the feeling come out, then be aware that it is *wanting control* or *approval*. Then let it leave. After it leaves, look again at the feeling that has surfaced now. Then be aware which basic desire it is, and continue to let it leave. If it doesn't leave, that means you're stuck. Then pay attention to this stuck feeling, and become aware that you want to change it. Then let this *wanting to change* leave.

Then continue Releasing. Exertion, effort, are all *wanting control*. *release takes no effort*. Actually, holding down a feeling takes a lot of energy. Feelings themselves want to leave. If you don't use effort to hold them down, they will leave. This is what the process does: allow it to surface, allow it to leave.

The process is this. The method is simple, and the method is easy. Let the feeling come up, [see that] they are wanting approval or control, and then let them out. — Lester Levenson

It's just that when the habit of suppression is greater than Releasing, you use the questions to operate the process. When the habit of Releasing is greater than suppression, the process carries you along.

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2020-12-22 How to ask questions for Goal Release?

Dabao 2020-12-22 01:35:59 Same question: how to ask questions for Goal Release?

Feng 2020-12-22 01:36:11 Ask the same way. What feelings do you have about the goal? Then Release these feelings.

Dabao 2020-12-22 01:36:30 For example, I want this project to succeed and be profitable?

Feng 2020-12-22 01:36:48 Then look at what feelings you have towards it, and use the process to Release them.

Yongen 999 2020-12-22 01:38:14 But it seems like there are many things hidden inside, fragmented memories包裹住.

Feng 2020-12-22 01:38:37 After Releasing, the feelings underneath will surface. Just Release the surface ones. Don't worry about memories, just Release feelings. Release one feeling as it surfaces. When you Release one, the deeper feeling will automatically surface. You don't need to make any effort to dig it out.

Liu Mouren 2020-12-22 01:39:15 What's the reason for not being able to find the feeling? Is it too much suppression, or not relaxed enough? @Feng

Feng 2020-12-22 01:39:47 You don't need to look for a feeling. You have feelings right now.

Liu Mouren 2020-12-22 01:40:11 But I can't perceive them? What's the situation?

Chloe 2020-12-22 01:40:20 Vague feeling.

Feng: "Everyone combines other things with Releasing. When you do this, you slow down the Releasing. If you need other things, you are slowing down the method. You don't need to go chasing after your feelings once you feel them; they are with you 24 hours a day, and you are avoiding them 24 hours a day." You can't not perceive them. Your "no feeling" is a kind of feeling. A vague feeling, an unclear feeling – don't treat it as not a feeling.

Liu Mouren 2020-12-22 01:42:19 Mm.

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Feng 2020-12-22 01:42:27 *vague feeling.*

Janaki & Yixiu 2020-12-22 01:43:00 @Feng Teacher Feng, hello. I have two questions to ask you:

1. Originally, when I followed the Release practice, I was always Releasing emotions. I felt quite light inside. But later, when I started Releasing *wanting control* and *approval*, I failed every time. I knew I was anxious, that it was *wanting control*. I found that the more I felt this way, the *wanting control* was like an onion, layering control over every *wanting control*. I never succeeded in Releasing even once.
2. Each time I go from feeling an emotion to discovering whether I am *wanting control* or *approval*, it's okay. But when it comes to Releasing the want, the original emotion immediately slips back into my heart. I think, oh no, I've suppressed it again. *Wanting control* appears. But when I try to Release the *wanting control*, I can't find the feeling at all. I get stuck there. I've also read your chat logs, but still can't solve it.

Chloe8 2020-12-22 01:43:51 Vague is also a feeling.

Feng 2020-12-22 01:44:16 "Just Release the feeling of being stuck, or even the vague feeling. You might not even be able to see it, because you're trying to escape it, or at least want to change this vague feeling—whatever it is. After it leaves, you have the ability to approach the fear of death again."

What you describe is the situation of being stuck.

Relax, feel the feeling of being stuck, then notice you want to change it. Then Release the *wanting to change*.

Bruce 2020-12-22 01:44:17 @Feng Brother Feng, when I look at the goal, I also can't experience the feeling of wanting. For example, originally it was impossible, despair. But actually, when I look at the written goal, I can't feel anything. Is this also vague?

Feng 2020-12-22 01:44:39 Any feeling you are unsure of is vague. Lester Levenson specifically talked about this in *The Way*.

Ye Minzhen Jamie 2020-12-22 01:44:47 @Feng When not stuck, is it okay to use the stuck question to check myself?

The reason you feel vague is because you are avoiding seeing it. Don't do this. Don't Release with *wanting control*.

jing.jing 2020-12-22 01:45:55 Why do I still have so many difficulties after Releasing for so long?

Feng 2020-12-22 01:46:00 How many hours a day do you Release continuously?

Bruce 2020-12-22 01:46:02 @Feng I have another question. How do you judge whether all emotional feelings behind are *wanting control* or *wanting approval*?

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This problem has troubled me for a long time. Why do I feel like everything is *wanting control*?

Feng 2020-12-22 01:46:15 If you can't judge clearly, don't try hard to judge. Notice your *wanting to figure out*. This is a *wanting control*.

Bruce 2020-12-22 01:46:18 Yes.

Feng 2020-12-22 01:46:22 Release this *wanting control*, and you will be able to recognize the feeling.

Bruce 2020-12-22 01:46:31 [Fist in palm] Thank you.

2020-12-22 What's the story with the original version of the Release Method?

Feng 2020-12-22 10:13:16 If you still lack understanding of this, I can explain what the original version of the Release Method is like.

After Lester Levenson died, the "Release Method" he invented split into multiple branches. The two largest or most popular branches probably belong to his students Larry Crane (Lawrence Crane) and Hale Dwoskin. Crane was once the agent for Hollywood star Joan Collins, with confidence approaching Donald Trump's, the kind of salesman who could sell the Book of Mormon to a Mormon. Subsequently, he set up his own Release organization in Southern California, mainly focusing on developing prosperity consciousness, and called it "The Release Technique." Dwoskin, more in the form of a guide or master, helps you experience your inner divinity, and held down the Sedona Method "fort" in Phoenix. Levenson生前, with the enormous help of the tireless devotee Virginia Lloyd, took charge of the organization in Phoenix. Actually, it was Lloyd who developed most of the teaching techniques and course outlines that later became the system for popularizing the "Sedona Method" in New York City and many other cities, finally establishing institutional teaching in Phoenix in 1981.

Later, Dwoskin moved his teaching work to Sedona. It was supposed to be very successful until the Great Recession came, and then he retreated. He is the CEO of Sedona Training Associates, which was originally called "New Age Freedom." It was renamed with the help of New Age marketer Christopher John Payne. Other branches were founded by Levenson-Lloyd's students Kate Freeman and Rick Solomon, who around 2015 established "The Center for Releasing" to help the world, and set up a website with the same name. Probably at least 100 people teach the original version of the Sedona Method course, and have written books based on their experiences, or simply posted information online to offer help: among these 100 or 200 are Annrika James, Steve Seretan, Tim McCavitt, Janet Bechtel, Annie Sobchart, Dearborn Clark, Ron Perla in Phoenix, Michael Kline in New York,

Pamela Wilson in Seattle, Alan Rasmussen in Tucson, and Jeanne Fitzsimmons in Los Angeles. And some people have left the original

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Sedona Method behind; some are lightly active; some, especially Crane, are hyperactive. (Some have left Sedona Method behind; some are lightly active; some, especially Crane, are hyperactive.)

This is a passage from *get high to release*

Lester Levenson: okay, you should be free now. I said it would take you three months, or less. If you implement the Six Steps. I know this because it took me three months, and I didn't have the Six Steps. They were developed as I went along. I think if I had started with the Six Steps, I could have done it in a month. It doesn't take time, because "You are That." You are the unlimited being, which is there, which is your beingness. This is from *The Way 6*.

Meditation in Buddhism has eight stages. The first four are form realm *jhanas*, meaning the consciousness is in the astral realm. The last four are formless attainments, meaning the consciousness is in the causal realm. In yogic science, *samadhi* is when the mind briefly steps back, contacting infinite consciousness. But because the seeds still have power, you get pulled back. This is called *Sabikalpa Samadhi*, *samadhi* with seeds. What people call "unitive experiences" occur at different levels of consciousness, at different stages of "*jhana*" or *samadhi*.

Topic Not forward

Shidai Wanwu Huliian 2020-12-22 10:16:20 Can Hale Dwoskin solve practical problems? The group leader has been Releasing for 8 years and is still stuck.

Feng 2020-12-22 10:16:54 It depends on how you understand the problem. The three basic desires $\equiv$ problems. The problem is never outside. You need to Release the drivers of the mind, then the mind will瓦解.

Shidai Wanwu Huliian 2020-12-22 10:17:19 His problem is ultimate freedom, right?

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Xu Tao 2020-12-22 10:17:33 [File: Me and Lester Levenson] The author of this book is Stephen.

Feng 2020-12-22 10:17:41 If it's just temporary quietness, the seeds will still function. Yes, this is Stephen's book. He writes on his personal website, "There are some outstanding students who have made additions and modifications to the Release Method, but I believe those modifications can only weaken the enormous power of this concise method." This is also from Stephen. So he is the earlier disseminator of the original version of the Release Method.

Mu 2020-12-22 10:18:00 Do seeds refer to the belief system or desires?

Feng 2020-12-22 10:18:25 It was after reading what he said while studying abroad that I started to collect Lester Levenson's direct guidance and the original version from the Sedona Institute.

Desires.

Lester Levenson repeatedly said in audios that if he had known the Six Steps back then, he wouldn't have needed three months, only one month to complete the whole process. of these words. But the domestic Release Method materials do not contain those later audios, so many people don't even know that Lester Levenson said of. So I hope to translate some in. Anyone can be free at any time, it depends on their own decision. But Lester Levenson can know the tendencies of some people. For those with good tendencies, those he favored, he would be very strict. For those with poor tendencies, those almost certainly 偏离 the path, he was very gentle and rarely corrected them, such as Kate Freeman, Hale Dwoskin and Larry Crane (Lawrence Crane). Because their tendency towards freedom in this lifetime is not strong. [Link: Some explanations of the Release Method from Lester Levenson <https://mp.weixin.qq.com/s/el5CGBTIRAKQAZ52RDKluQ>] This is my latest translation. Everyone should have read it.

Some explanations of the Release Method from Lester Levenson

Anything you develop in your mind will prevent you from reaching the top. The mind is your greatest enemy. All this suffering is meaningless. I've had enough. I'm ending it. I will strive to remain in this state. This will take a month, maybe two months, and you will Release all your agflap. But all in all, I think we have the only method to Release the mind, to quiet the mind, by allowing the subconscious programs to surface.

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We first enter the conscious mind, Release control and approval. And those other things you try to Release, like fear – you know, you would spend hundreds of thousands of lifetimes Releasing fear, and after that you would still have anger, you would still have other emotions. But when you Release *wanting control*, everything underneath it is let go. Then when you Release *wanting safety*, you Release all the *wanting approval* and *control*, and everything underneath them. You are currently too low, so you cannot attack *wanting safety*. You are overwhelmed, you are terrified by death, so you let it run you. But when you Release a considerable amount of control and approval, you will have the ability to face the fear of death.

But you can see that our method is actually to Release the drivers of the mind. Don't try to develop your mind, because then you are developing your enemy, developing what binds you. What happens when a mind becomes completely quiet? Well, I've always been omniscient, I've always known everything. But you have to Release the habit of trying to survive twenty-four hours a day, we call it agflap. When you let all agflap leave, the body is

still there, the world doesn't disappear, but it's like a mirage. You move forward and find it's just a desert. You let the body do what it did before, whatever that is. But you don't disappear. You are too afraid of losing your 束缚.

Everyone combines other things with Releasing. When you do this, you slow down the Releasing. If you need other things, you are slowing down the method. You don't need to go chasing after your feelings once you feel them; they are with you 24 hours a day, and you are avoiding them 24 hours a day. The first item is about survival. Nothing is more foolish than working for a living. You are eternal. Let me speak directly to you: becoming number one in the entertainment industry is trying to become the strongest ego. Then you see what happens to them? How happy are Burt Reynolds, Glenn Ford? I can only talk about my contemporaries. I don't know who's popular now. How happy are they? Do you know them? Have you communicated with them? They are more miserable than a worker. They take drugs, even though they know they shouldn't, they still fall into it. They drink alcohol, they fall into it. Some of them commit suicide. They are undoubtedly the ones who gained fame and wealth, and then they committed suicide. Some later did it (committed suicide) too. Judy Garland later did it. Well, who won't die? Where will the new prince go in a hundred years? Circling in front of the crowd? (Laughter) Unfortunately—you may have to be very careful about this. The most successful people will not move towards freedom. As I talked about with rich people, they could feel the security around me that they didn't have. They told me they wanted it too. But when it comes to attending courses? They couldn't attend courses. They looked at me, looked down on me. They made millions. I wanted them to think I was poor, because it was those millions that got them stuck, especially the wives of those rich people.

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I was once invited to high society banquets in New York, and partied with them in New York. They asked me, "Can you help us?" I said, "Yes, but you need to know that money isn't everything." Then the curtain would fall, they would leave, leaving me alone, stopping wasting my time. But these rich people have such a mind: "I do things easily, I am successful." Of course, if you can consciously use it to show that you are the master of the world, this is what I recommend. When you become the master of the world, like our stars have that admiration, you cannot stay there. You need to move towards mastering your mind. See, first you master the world, then you master the mind, then you are a master. What is mastering the mind? Removing your agflap, that's all. Then you truly control the mind, you can play any feeling, any action you choose is without any worry. When you are free from your agflap, you can play any emotion, much better than when you had agflap. When you are in the world, you can use them to communicate. If a person is extremely angry, you say "oh, this is a wonderful world, everything is so beautiful!" They won't hear a single word. If you start saying "oh, yes, blablablabla", they will listen to you. When you are free, you will play, act out feelings, to establish communication with others. You must be at this level for them to communicate with you. So sometimes you still use feelings to communicate, but the difference is that feelings no longer run you, you run the feelings. However, currently feelings run you.

Excerpt from Lester Levenson's recording *Lester Levenson on the Mind*, translated by group member "Feng"

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2020-12-22 Because meditation only makes the surface mind feel better

image[[106, 88, 943, 423]]

Zhongji Ziyou 2020-12-22 11:10:59 "Almost all your energy is used to fight with your feelings."

Feng 2020-12-22 11:11:39 This is Ralph. He's another student Lester Levenson thought highly of. He has always kept teaching the Release Method for free.

Zhongji Ziyou 2020-12-22 11:12:24 I suppress too much. I'm very tired, sleep a lot, and my state is not good.

Feng 2020-12-22 11:12:43 He said, Lester Levenson taught me for so many years and never charged me a cent, so I won't charge either. He was a student who followed Lester Levenson from the early days to the later period.

Renzhi Weiyue 2020-12-22 11:13:12 Didn't he attain freedom either? Was his tendency towards freedom not obvious?

Feng 2020-12-22 11:15:03 No. He has a tendency towards freedom. A person can stop at any time, can let themselves fall out of the Six Steps at any time. One day after Lester Levenson passed away, he appeared before him to encourage him and said a sentence to him: "You either do it, or you don't, but I hope you do it."

Zhongji Ziyou 2020-12-22 11:15:55 Unless you Release the three major desires, you will always suffer – I remember this is what Lester Levenson said to Stephen.

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Feng 2020-12-22 11:16:05 Mm. These few are the disciples Lester Levenson favored. In his later years, Lester Levenson only recommended the Release Method. You can look at the *go all the way* 影片. In those eighteen years, Lester Levenson did not lower himself. Therefore, his early teaching didn't achieve much.

Feng 2020-12-22 11:16:50

The Ultimate Freedom Path is a collection of early audios.

Renzhi Weiyue 2020-12-22 11:17:12 Then why did he recommend the method in *The Ultimate Freedom Path* in the early days?

Feng 2020-12-22 11:17:48 He hadn't yet summarized the Release Method. Also, the fastest method is to directly discover "Who am I?"

Renzhi Weiyue 2020-12-22 11:17:50 Could those methods not lead to freedom?

Feng 2020-12-22 11:17:59 But now on this planet, almost no one can use them. Compared to the Release Method, those methods are less efficient. For example, meditation. Lester Levenson recommended *Kriya Yoga* and meditation in his early days. Later, he discovered that just one Release equals months of meditation. Because meditation only makes the surface mind feel better. After he obtained the concrete manifestation of the Release Method through inner guidance, he taught it to his students. He wrote down the perfect map, the Six Steps. After that, all his teachings were about the Release Method.

Renzhi Weiyue 2020-12-22 11:18:16 Oh, thank you, Mr. Feng, for the explanation.

Feng 2020-12-22 11:18:30 You're welcome.

Renzhi Weiyue 2020-12-22 11:18:39 May I ask, among Mr. Lester Levenson's disciples, did any attain freedom?

Feng 2020-12-22 11:18:48 Yes. There is one in the Sedona Institute, but he chose to live in seclusion. Also, later, Larry Crane (Lawrence Crane)'s student Kam, after listening to the Lester Levenson later audios sold by Larry Crane (Lawrence Crane), also reached the end through the Six Steps.

Qiji CN 2020-12-22 11:18:51 Feng, I'm still suppressing. I can't Release the *wanting to change*. Should I allow this suppressed feeling to fully express itself?

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Zhongji Ziyong 2020-12-22 11:19:14 May I ask what does "lowering" mean? Infinite existence descending onto the body?

Renzhi Weiyue 2020-12-22 11:19:56 The stuck ones became teachers, the free ones chose seclusion.

Feng 2020-12-22 11:20:07 Kam's article is widely circulated. Most people should have seen it. Lowering to a level understandable to the masses. In Lester Levenson's previous state, he and the masses couldn't communicate with each other. You say "I'm very troubled, I have problems." He says, "No, I see you as perfect." Mm. Allow yourself to see the feeling of being stuck. Allow yourself to be aware of this *wanting to change*.

Tiancheng 2020-12-22 11:21:18 [Link: A letter Kam left after reaching freedom by implementing the Six Steps of the Release Method <https://mp.weixin.qq.com/s/FD1j2jjiTFBsiRa0IP62A>] (Tiancheng has cancelled the WeChat public account, the link content is no longer visible Editor Omega's note)

Kam Bakhshi's letter – Release to Freedom

If you are very interested in this part of spiritual growth, you might want to know whether the Sedona Method has really allowed people other than Lester Levenson to reach the state described by words like "enlightenment," "return to the true Self," "union with the Divine," and "liberation."

10 months ago, I saw an article on a Sedona Method forum that answered this question. But before this, I never felt the need to give this to Zero Resistance students. However, I don't know why, recently I've had the urge to translate that article...

As the saying goes, when inspiration comes, act. So I translated it. Please see:

The text within the dotted line is the translation of the original post.

Title: Reaching Freedom **Posted by:** tom on April 01, 2008, 02:01:17 AM

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It seems people always question the Sedona Method because, besides Lester Levenson, they haven't heard of anyone achieving liberation through it. Therefore, they want to know if anyone has reached the same state through the principles Lester Levenson taught. The biggest problem in wanting to know if anyone has reached liberation through Release is: after those people realize true freedom, they enter true bliss. They no longer need to be the *doer*.

After you awaken, you don't necessarily automatically become a teacher, a master, or someone actively trying to teach others what they've discovered. Actually, the opposite direction is more logical: you are in true bliss, and the only thing you want is to stay in that state.

To teach others, you have to lower yourself to their level to teach them effectively. From what I've read about Lester Levenson, he lived in seclusion, enjoying that true bliss for many, many, many years before deciding to start teaching. I think most people, after awakening, would prefer to be invisible rather than become a teacher. So, actually, there should be many people who reached liberation through Lester Levenson's method, we just don't know about them.

However, I personally know a man who reached the state of liberation in 2003 through the Sedona Method. He is British, and his name is Kam Bakhshi. I want to share with you some excerpts from a letter he wrote to me after his liberation:

"I want to share with you some things that have happened to me, to encourage you to continue Releasing until you reach the state of liberation.

The mind has become still. 'So what?' you might say. Let me explain: no more worry, doubt, self-blame, etc., only a pleasant calm remains. No matter what happens, a deep stillness remains. No matter what is happening right now, it remains in that state of stillness. A pure

state of being. The mind can no longer affect me. It comes and goes, but I know it can never influence me again.

Kam comes and goes (translator's note: referring to his ego), and that's okay. I am in deep stillness, like being in deep sleep, so beautiful, so calm. This really has to be experienced to be believed.

Seeing the true nature of the formed world: a dream, or a play. The play continues, and I just watch, like sitting in a cinema. Everything is okay, there is no need to change anything, because everything appears exactly as it should. Everything is perfect.

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You begin to see everyone as a part of yourself. There is no one else in the world, and there never was. From beginning to end, there was only one, and we are that one. There is no longer any duality. Nothing has ever happened, and everything is happening. There arises a consciousness of 'returning' to continue this game, but this time purely for fun.

I do nothing, and I have never done anything. Only beingness exists. Lester Levenson and every master throughout time have always been with us, every minute, every second. We only need to call upon them.

Now only stillness remains. Things may happen, may not happen, but they are unrelated to me, and also intimately connected to me.

I encourage every one of you who has this method to continue Releasing. We always start for a while, then stop, then start again, then stop, then start again, then stop, endlessly. The reason for this is that we haven't made a decision. Once we make a decision, we can start accumulating momentum for Releasing, and Releasing becomes easier and easier. The biggest problem is: you don't truly want liberation. You might like to talk about it, think about it, but honestly, you don't truly want it. If you really wanted it, nothing could stop you. The fact is, you prefer to stay immersed in misery. You love the stories and pains you've made up too much. Examine your inner self carefully and see if this is true. See clearly what the mind really is, and stop acting like a fool, identifying yourself with the garbage. Let it tell its stories; it has nothing to do with you. The peace and inner release you will experience are difficult to describe with words. It is a continuous peace. The formed world may still have various situations and dramas, but that peace is always there. I want to ask you to continue Releasing. Be more loving and gentle with yourself during the process. You are the same as me, with no difference. I share these with you to encourage you to go all the way; to end all suffering once and for all."

He also wrote: "Review the 'Six Steps' often. They contain everything you need to know. They are like a map to liberation and

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can keep you on the right path. Everything you need to know on the intellectual level is contained in the 'Six Steps.' Make sure to achieve the First Step first, which means your

desire for liberation must be higher than your desire for this formed world. If you can achieve the First Step, nothing can stop you. Please make sure you meet the First Step. The Second Step is to make the decision for liberation. Liberation only requires a decision. As an infinite being, you can certainly decide to discard all this at any time. Speak less, try to be quiet and stay quiet. Every time you want to speak, see your *wanting approval*, *wanting control*, and *wanting safety*, and Release it. Watch less TV, listen to the radio less, read newspapers less, etc. See that you are using these ways to escape, and Release. Eat as lightly as possible. We often use food to suppress feelings. Eliminate drugs and alcohol as much as possible, because we also often use them to suppress feelings. The Fourth Step of the Sedona Method is to continue Releasing, and for me, this step was key. Try to spend more than 50% of your waking time Releasing. This means you spend more time being your 'true Self' than not being your 'true Self.' If you do this, the mind will detach; if you do this, you will begin to find it strange to live in your mind, and you will stay more and more often in the 'true Self.' Remember, you are already completely free. Whenever you find yourself having thoughts that you are not yet free, let them go. Remember, they are just thoughts."

2020-12-22 Chanting sutras is not recommended

Happy Time 2020-12-22 12:03:04 @Feng, going to the mall stirred up a lot of resistance in me, discomfort, maybe a feeling of lack. I can't Release the *wanting control*. Can I allow the feeling of resistance, the urge to escape, to fully express itself?

Qingxi 2020-12-22 12:03:12 Teacher Feng, can you explain in detail the method "Who am I?"

Feng 2020-12-22 12:03:29 Allow it to express, then Release. This method is to stare at the question "Who am I?" with an extremely strong desire to know the answer, until you

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get the answer. The answer is infinite existence, not given by the mind, but directly experienced by you. Almost no one can use this method nowadays because your interest in knowing the answer won't last long.

Xu Tao 2020-12-22 12:03:40 No one in this era can use it, right? The *huatou* meditation in Zen Koans is a similar method.

Feng 2020-12-22 12:04:10 You will use it as meaningless meditation, unable to sustain the question in meditation. The Linji Zen method is similar. The Caodong school's Silent Illumination Zen is different. The various schools of Zen have迥异 styles.

Qingxi 2020-12-22 12:04:18 I think I briefly experienced it. It seemed like automatically脱离 mental operation, a state with no thoughts.

Feng 2020-12-22 12:04:29 This is where it's easy to misunderstand.

Qingxi 2020-12-22 12:04:48 No force, not a single thought.

Feng 2020-12-22 12:05:00 You can easily mistake some state of concentration for infinite existence. One branch of Zen can lead to freedom. This method is Ramana Maharshi's method: inquiring "Who am I?"

Qingxi 2020-12-22 12:05:11 So "Who am I?" is similar to Zen's constant investigation? Is it the same method?

Feng 2020-12-22 12:05:41 Know this, and you know everything. Same. But you misunderstood above. When you truly contact infinite existence, you will know it is infinite existence. You will briefly reach omniscience.

Qingxi 2020-12-22 12:06:00 Is my misunderstanding that I consciously strive to maintain such a state of no thoughts? Whereas actually, it is unconsciously and naturally coming to infinite existence, even if it's just for a few seconds? @Feng That is to say, it's not a state to be "reached," but a state that already is?

Zai 2020-12-22 12:06:04 @Qingxi You might have just reached a *jhana* state, like the first *jhana*.

Feng 2020-12-22 12:06:11 You need to know the answer.

Happy Time 2020-12-22 12:06:21 Thank you! Your reply makes me more cautious and settled! It seems I was too impatient. Allowing it to fully express for a while is too important. [Happy]

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Feng 2020-12-22 12:08:11 Know your infinite existence. Then you know everything. Release basic desires.

Qingxi 2020-12-22 12:08:18 This means letting go of intellectual knowing, right?

Renzhi Weiyue 2020-12-22 12:08:36 Mr. Feng, is the essence of our existence the faculty of awareness itself? Or that which allows you to be aware?

Feng 2020-12-22 12:08:45 Mind completely still. Existence cannot be described by words. The "I" of "I Am."

Qingxi 2020-12-22 12:09:04 Mm.

Feng 2020-12-22 12:09:04 **Feng** Teacher Feng, when you talk to us, your mind is moving too. Does this affect your experience of infinite existence?

Feng 2020-12-22 12:09:09 It doesn't affect. If it's *Sabikalpa Samadhi*, it does affect.

Zhongji Ziyong 2020-12-22 12:09:41 Excuse me, what is the function or principle behind continuously chanting sutras, like the *Heart Sutra*? @Feng Now I have a client with Parkinson's. A Buddhist said it's a karmic disease and told her to chant sutras, saying crabs

and toads are attached to her feet, and chanting will make them leave. Plus that person has some功力, and it helped alleviate some of the Parkinson's symptoms, but she still can't walk normally.

Feng 2020-12-22 12:09:44 *Nirbikalpa Samadhi* is when the seeds cease to function. All contact with the outside world is not based on reaction.

Qingxi 2020-12-22 12:10:13 Oh, so it's based on perception? [Facepalm]

Feng 2020-12-22 12:03:04 In the initial state of contact with God, *Sabikalpa Samadhi*, the devotee's consciousness merges into the universal mind: his life force withdraws from the body, appearing as if "dead" or stiff. But the yogi is fully aware of the temporarily suspended body's condition. As he progresses to the higher spiritual state of *Nirbikalpa Samadhi*, he no longer needs to hold the body still. Even in the ordinary waking state, even amidst difficult worldly work, he is one with God. (Note 11) Let me answer you with Yogananda's autobiography. The difference between these two states is that one has contacted infinite existence, but the seeds still function; the other, the seeds no longer function. I do not recommend chanting sutras. Once you赋予 external things with power, you give up your own inner infinite power.

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Zhongji Ziyong 2020-12-22 12:11:13 Mm, thanks. Then I should throw away my Great Compassion Mantra water cup. [Grin]

Qingxi 2020-12-22 12:12:04 Also, when seeds no longer function, can it be understood as transcending the constraints of causality?

Xu Tao 2020-12-22 12:12:18 @Feng Which chapter is this passage from? I'm reading *Autobiography of a Yogi* and haven't reached this part yet.

Feng 2020-12-22 12:12:28 You can no longer turn towards the world's direction. Seeds no longer function. Ego-clinging has消散.

Qingxi 2020-12-22 12:13:00 Is causality still there? Is it still there, but not attached to it? [Facepalm]

Feng 2020-12-22 12:13:24 That chapter on the science of *Kriya Yoga*. Some karma will still be retained.

"Why doesn't a master eliminate all his karma immediately," I asked, "when he unites with God?" "Because in that state, you simply don't care. You see all this as just a dream. You might even continue to reincarnate, returning to the world to help your disciples attain liberation. Masters who have reached this level may even deliberately retain a little bit of karma to tether themselves to this plane for a while, for that higher purpose. Once you reach the highest state, *Nirbikalpa Samadhi*, *ego-consciousness* no longer exists. You are essentially free." "Guruji, what," I asked, "causes a soul to return to the world after attaining ultimate liberation?" He replied, "He still retains a 'desireless desire' to help others."

I'll use Kriyananda's book to answer you. He recorded Yogananda's words.

Guo Xingxing 2020-12-22 12:14:22 How long did it take you to reach ultimate freedom?

Feng 2020-12-22 12:14:29 I haven't reached ultimate freedom. I've only reached *Nirbikalpa Samadhi*. You can know this before reaching it. Even after achieving it, you don't need to stop.

Zai 2020-12-22 12:14:45 @Feng I have a few operational questions.

1. When I'm walking outside or working, I can't use the Release Method well. So I use the previously practiced method of focusing on hearing (ear-root perfect penetration) to listen to outside sounds, artificially controlling the activity of the mind-door. Does this count as adding to the original Release Method?

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2. When Releasing, I find that when I intentionally feel the pleasantness of Release, this pleasantness appears out of nowhere. (Previously, my attention was on feeling the energy flow in my chest and abdomen). After observing the physical sensation, I go back to feel the current feeling. Originally, there was no pleasantness, but when I ask myself if there is pleasantness, pleasantness immediately flows out of nowhere. Later, I experimented many times and found that sometimes, as soon as I verbally say in my mind, "Is there pleasantness?", pleasantness can flow out. Is this correct Releasing? Does it comply with the Sixth Step? [Fist in palm] Is this correct Releasing? Does it comply with the Sixth Step? [Fist in palm]

Feng 2020-12-22 12:15:04 Yes. [Link: Some explanations of the Release Method from Lester Levenson <https://mp.weixin.qq.com/s/e15CGBTIRAKQAZ52RDKluQ>] "Everyone combines other things with Releasing. When you do this, you slow down the Releasing. If you need other things, you are slowing down the method." Yes.

Zai 2020-12-22 12:16:51 @Feng Do you mean my question 1 is yes? Question 2 is also yes? @Feng I didn't quite understand [Cry] @Feng 2. When Releasing, I find that when I intentionally feel the pleasantness of Release, this pleasantness appears out of nowhere. (Previously, my attention was on feeling the energy flow in my chest and abdomen). After observing the physical sensation, I go back to feel the current feeling. Originally, there was no pleasantness, but when I ask myself if there is pleasantness, pleasantness immediately flows out of nowhere. Later, I experimented many times and found that sometimes, as soon as I verbally say in my mind, "Is there pleasantness?", pleasantness can flow out. Is this correct Releasing? Does it comply with the Sixth Step? [Fist in palm]

Feng 2020-12-22 12:18:12 After Releasing, you will feel more pleasant.

2020-12-22 Can we achieve xxx?

Feng 2020-12-22 20:56 Regarding the question "Can we achieve xxx?" I hope you can remember Lester Levenson's words: *every impossible, no matter how impossible, become immediately a possible, as you completely released on it*. Every impossible, no matter how impossible, immediately becomes possible, as long as you have completely Released on it.

2020-12-23 Lester Levenson Cancels the Agreement

Renzhi Weiyue 2020-12-23 10:10:00 Mr. Feng, why didn't you go all the way to ultimate freedom?

Feng 2020-12-23 10:10:12 When you reach *Nirbikalpa Samadhi*, you will receive inner guidance.

Renzhi Weiyue 2020-12-23 10:10:23 ===== Page 119 =====

Can you disobey this guidance?

Feng 2020-12-23 10:10:30 "Why doesn't a master eliminate all his karma immediately," I asked, "when he unites with God?" "Because in that state, you simply don't care. You see all this as just a dream. You might even continue to reincarnate, returning to the world to help your disciples attain liberation. Masters who have reached this level may even deliberately retain a little bit of karma to tether themselves to this plane for a while, for that higher purpose. Once you reach the highest state, *Nirbikalpa Samadhi*, *ego-consciousness* no longer exists. You are essentially free." "Guruji, what," I asked, "causes a soul to return to the world after attaining ultimate liberation?" He replied, "He still retains a 'desireless desire' to help others."

Feng 2020-12-23 10:10:39 Yes, Lester Levenson cancelled this agreement.

Renzhi Weiyue 2020-12-23 10:11:20 Not really, in his student's article, Mr. Lester Levenson's agreement was to spread the Release Method. After becoming free, he wanted to leave immediately, but was blocked by a big golden hand showing him the previous agreement.

Feng 2020-12-23 10:11:46 He told me this was actually his "karmic obstacle" that forced him to spread the Sedona Release Method to the world. Just as he was about to attain freedom, clearing the last remnants of ego and mind, a big hand appeared before him, preventing him from completely leaving this world, showing him an agreement he had made before coming into this world. In all the stories of Indian masters I've read from Yogananda and others, I've never heard such an outrageous statement. A "big hand" appears, playing back a cosmic agreement? My next question was obvious: who made the agreement with? I thought humorously: what if Lester Levenson said no to him? "I cancel the agreement now, forget it." I still don't know what happened, but I suspect the most likely thing was "beingness" or the true Self. I know Lester Levenson would say to me: "Become free, and then you'll know." I guess that's the only way.

Feng 2020-12-23 10:12:40 He cancelled the agreement.

Tiancheng 2020-12-23 10:12:55 What agreement did Lester Levenson cancel?

Feng 2020-12-23 10:13:16 The agreement to continue returning to help his students. He attained final liberation, meaning he became a *Paramukta*,

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merging into the Infinite. When you reach *Nirbikalpa Samadhi*, you are essentially free, because the sense of self has dissipated. Every action you take is not based on self. Retaining karma or achieving final liberation, mm, he cancelled this agreement to spread the Release Method and help more students. But essentially, this is not强制性; it can be cancelled.

Yixuan 2020-12-23 10:15:16 @Feng There's no agreement between you and us. Why don't you just leave?

Renzhi Weiyue 2020-12-23 10:15:38 But Mr. Lester Levenson has already spread the Release Method.

Feng 2020-12-23 10:15:45 My agreement is to help as many people as possible reach *Nirbikalpa Samadhi*. The true Release Method will only spread in a niche way.

Qiji 2020-12-23 10:15:59 Actually, I really want to see Teacher Feng's true face, otherwise we won't recognize you later.

Feng 2020-12-23 10:16:00 No need to know me.

Renzhi Weiyue 2020-12-23 10:16:05 Mr. Feng, could you write down your experience of attaining freedom to inspire everyone?

Feng 2020-12-23 10:16:13 The Buddha himself fought against personal worship all his life, constantly diverting his disciples' attention away from himself. My personal experience is not important. Lester Levenson has already systematized his method. Those who want to learn the Release Method don't need another master's story to distract them from Lester Levenson's teachings.

Qingxi 2020-12-23 10:16:28 Why will the true Release Method only spread in a niche way? It's so simple to operate, free, and so effective.

Feng 2020-12-23 10:16:30 Because people want the world. So people's minds constantly add things to change its direction. The Six Steps are a simple path, but the mind wants complexity.

Qingxi 2020-12-23 10:16:32 Oh, I see. As we practice, it turns into an impure Release Method, right?

Feng 2020-12-23 10:16:39 Mm. Those who change the Release Method simply don't want freedom.

Guo Xingxing 2020-12-23 10:16:40 How much time did you give yourself to fulfill this agreement?

Feng 2020-12-23 10:16:48 ===== Page 121 =====

If no one achieves it by next year, I will cancel it.

Qingxi 2020-12-23 10:17:00

So, while the true Release Method doesn't guide those who want the world towards freedom, it can still help solve major worldly problems, right? It just can't ultimately lead to complete freedom, is that it?

Feng 2020-12-23 10:17:05 Worldly problems are not problems. Problems are the three major desires. As long as there are the three basic desires, they will create an endless stream of problems.

Strong 2020-12-23 10:17:28 Are the three basic desires the root? Can they be completely Released?

Feng 2020-12-23 10:17:48 They can be completely Released. When you completely Release the fear of death, everything ends.

Qingxi 2020-12-23 10:17:55 If you don't leave and choose to remain in the world, will the desires restart?

Feng 2020-12-23 10:17:59 No. When the seed is eradicated, it will never grow again.

Dr. Lewis told me, "I once said to Guruji, 'Sir, a thought troubles me. Suppose after long effort I attain liberation. Will the freedom I gain only last for one Day of Brahma?*' (A 'Day of Brahma,' an Indian classic describing a complete cycle of universal manifestation lasting billions of years. A 'Day of Brahma' is followed by a 'Night of Brahma' of equal length. During the 'Night of Brahma,' all external creation is withdrawn. Unliberated beings rest during this period in a 'seed form' within the consciousness of Spirit, waiting for the next manifestation of creation. When the next Day of Brahma dawns, they continue whatever state they had previously reached.) What if, after a Night of Brahma, creation manifests again, and I, along with everyone else, am sent out again to undergo the long, painful struggle from the beginning? Wouldn't these current efforts be wasted?" "There's no need to fear at all," Guruji assured him. "Once a soul is free, it is free forever. It will never again need to tread the long, winding path of evolution." "That answer," the doctor confessed to me, "was a tremendous comfort!"

Zai 2020-12-23 10:19:05 @Feng Isn't it necessary to help six people attain liberation? Is your agreement modified, or do you follow the original agreement?

Feng 2020-12-23 10:19:15 If no one is free by next year, then staying would be a pull on others.

Rong 2020-12-23 10:19:48

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Feng Teacher Feng, may I ask, what is the difference between this *samadhi* and what ordinary people call dimensions? [Fist in palm]

Feng 2020-12-23 10:20:21 Dimensions are based on the assumption of space. In yogic science, *samadhi* is about contacting infinite consciousness.

Qingxi 2020-12-23 10:20:44 Teacher Feng, could you post a photo of yourself? Then everyone would know a name, instead of just like a legend, which sounds very传奇. [Naughty]

Feng 2020-12-23 10:20:14 I will not satisfy everyone's curiosity about the individual "Feng." If Lester Levenson is a window, I just point you to look through that window to see infinite existence. So I don't even need to be that window. Lester Levenson is already that window. Go Release.

Qiji 2020-12-23 10:21:08 Feng, I have a small question. Regarding fear of certain things happening in the world, like wanting to guard against or prevent being killed or framed, should I ignore these external things and just Release my fear and resistance? Regardless of what happens in the outside world? Like the COVID-19 pandemic, global warming, etc.

Feng 2020-12-23 10:16:48 Studying the illusion can make you mistake it for reality. There's no need to study them. The things you experience are not imposed on you by the world. What needs attention during continuous Releasing is only the Six Steps. Release.

The world is the sum of your subconscious and conscious thoughts projected. Suppressing thoughts doesn't mean they don't function. Subconscious thoughts are just ones you don't look at, not that they aren't operating. Continuous Releasing will bring pleasantness. Each Release will be more pleasant than the last. Review the Six Steps often. Do more Releasing.

Zai 2020-12-23 10:18:17 Feng, thank you, Feng [Rose].

Feng 2020-12-23 10:18:23 You're welcome. Don't seek安全感 in the external world. If you feel unsettled inside, just Release.

2020-12-23 Kalama Sutta

Qingxi 2020-12-23 11:14:47 Feng, Teacher Feng, recently when Releasing, after feeling the current feeling, I trace it back to see if it comes from *wanting approval*,

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and directly Release *wanting to survive*. Is that okay? *Wanting to survive* is *wanting safety*, which is fear of death, right? Is this also a way of facing the fear of death?

Feng 2020-12-23 11:15:42 If you are aware of *wanting to survive*, then Release it. *Wanting to survive*, *wanting safety* is the fear of death.

When we are at a loss, unable to decide which teachings to accept, the Buddha, in the *Anguttara Nikaya 3.65 Kalama Sutta*, clearly tells us迷茫: Do not immediately accept or believe anything, lest you become a slave to others' knowledge (including the Buddha's). For this, the Buddha summarized ten guidelines:

1. Do not believe something just because it is repeatedly heard.
2. Do not believe something just because it is tradition.
3. Do not believe something just because it is rumored.
4. Do not believe something just because it is in a religious scripture.
5. Do not believe something just because it is logical.
6. Do not believe something just because it is philosophical.
7. Do not believe something just because it fits common sense or external reasoning.
8. Do not believe something just because it fits your own predictions, views, or concepts.
9. Do not believe something just because of the speaker's authority.
10. Do not believe something just because he is your teacher, master.

Kalama Sutta

A person needs to have this level of self-reliance from the Buddha to possibly reach ultimate freedom. I gave this part of the Kalama Sutta to Roller. After learning the Release Method, do you still need Lester Levenson? You don't need Lester Levenson, let alone me. Let the Six Steps enter your experience and carry you along.

2020-12-23 I find that after setting a goal, I don't actually feel like I want it

Tiancheng 2020-12-23 14:01:15 I find that after setting a goal, I don't actually feel like I want it.

Feng 2020-12-23 14:02:20 Then change it to one you do want.

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You need to set a goal you want. Get everything you want.

Tiancheng 2020-12-23 14:03:49 I find myself a bit strange. I have no money, but I'm not interested in money. That goal of 200,000, I find I don't want it, or dare not.

Feng 2020-12-23 14:04:43 Sometimes you suppress your desires.

Tiancheng 2020-12-23 14:05:03 Probably.

Feng 2020-12-23 14:05:18 But when you set a goal, set one you currently want. Because the goal is a motivation to promote your Releasing. Only something you want will give you motivation.

Tiancheng 2020-12-23 14:05:49 Because I set 200,000, found I didn't really want it, and gave up without achieving it.

Feng 2020-12-23 14:06:19 You can find a goal you do want. You always have wants. Even if you don't want this goal, set a goal you truly want. Because the purpose of the goal is only to bring out your programs for Releasing.

2020-12-23 Turning from the world inward

Liz Zhang 2020-12-23 14:48:23 Is *Nirbikalpa Samadhi* automatically obtained through continuous Releasing?

Tiancheng 2020-12-23 14:48:35 [Chat log: 2020.11.28/22:02:16] Tiancheng forwarded chat log for reference 【 2020-11-28 Feng & Tiancheng — The practical experience of *Nirbikalpa Samadhi* 2020-11-28 Feng & Tiancheng — How to quickly experientially achieve the First Step? 2020-11-26 Feng & Tiancheng — Courage is 50% selfishness and 50% selflessness. 】 The *Nirbikalpa Samadhi* mentioned by the senior brother earlier seems different from the super Google mentioned here. Will turning from the world inward naturally lead to the super Google?

Feng 2020-12-23 14:48:50

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Yes. When you know that the only source of joy is infinite existence, and other directions don't work anymore, all your decisions will move towards it. This will immediately lead you to achieve *Nirbikalpa Samadhi* (infinite existence where seeds no longer function). In infinite existence, you can know everything. This is the meaning of the cosmic-level Google analogy.

Elizabeth Zhang 2020-12-23 14:49:00

I now have a strong aspiration, and I'm also Releasing garbage. There is also karma dragging me down in my actions. Is the next step to Release until I see those things, whether I do them or not, I am 圓滿 happy and free? With a mind unmoved. In this state, experience subtle control and approval again, and then naturally slide into the Google state?

Feng 2020-12-23 14:49:24

No. When you Release to the point where "the only source of joy is infinite existence" becomes your complete experience, you will naturally stop seeking joy anywhere in the

world. At this point, your flow direction changes, and you automatically enter *Nirbikalpa Samadhi*. Once you enter, you won't come out again. Because the seeds on the retreat path have no power left.

Elizabeth Zhang 2020-12-23 14:50:01

I feel fewer and fewer wants and desires to do things. Events that once seemed very serious, I no longer want to do them. Moving towards the direction you mentioned.

Feng 2020-12-23 14:50:47

You need to implement the Six Steps. This way, you can get all joy from within, or turn the direction by achieving goals through Releasing. *get everything by releasing only* This also allows you to walk on the Six Steps.

ZOEY 2020-12-23 14:51:16

@Feng Now, many, many times I can very quickly be aware of *wanting safety*. Releasing goes deeper, clearly seeing the deepest driver operating. But when *get high to release*, I become aware that I seem afraid of being happier. I don't know what will happen if I get happier. It's still *wanting safety*. Actually, I'm afraid of happiness and freedom.

Happy Time 2020-12-23 14:51:11

@Feng, I'm sure I'm stuck on sexuality. Energy is curled up tightly in the body. I don't resist, just Release control. Regarding this topic, should I突破 on this theme, or set other goals to突破?

Feng 2020-12-23 14:52:00

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You are afraid to feel better.

ZOEY 2020-12-23 14:52:19 Feng, yes, that's it. It feels like I'm going to disappear.

Feng 2020-12-23 14:53:13 Many people are afraid to feel better, but doesn't that sound a bit silly? Continue Releasing. If this is a problem for you, you can Release on this theme.

2020-12-24 What is the core of instant manifestation?

Cynthia 2020-10-24 12:59:00 Brother Feng, I want to ask a question: What does it mean to Release completely? Is it to Release on a goal until you don't care whether the goal is achieved or not?

Feng 2020-10-24 12:59:17 After Releasing to the feeling of complete ownership, continue Releasing. Then your mind will automatically leave the goal, and won't think about it anymore. Then it will manifest.

Renzhi Weiyue 2020-10-24 12:59:30 Mr. Feng, can you talk about the core of instant manifestation?

Feng 2020-10-24 13:01:05

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You can't stay inside it continuously.

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If you continue, Michael, you won't be in this state.

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Feng 2020-10-24 13:05:05 This is what the group leader folded up. They are not Lester Levenson's teachings, but students' personal understandings mixed in with their minds.

Cynthia 2020-10-24 13:02:04 I see! No wonder it seemed so contradictory.

Elizabeth 2020-10-24 13:02:11 Does the feeling of already having it come with high joy, or is it an intuitive certainty of ownership?

Feng 2020-10-24 13:02:54 When you know you already have it, you don't need confirmation. Then you automatically stop focusing on it. Then you will get it.

Elizabeth 2020-10-24 13:03:06 I see in the textbook and video that it's about releasing on both sides.

Feng 2020-10-24 13:04:18 You can Release the *attachment* and *aversion* related to it. When Releasing, it's still the three major desires.

Elizabeth 2020-10-24 13:05:10

Goals and Success

Continuously Release your current feelings of success and failure until you feel completely more able to succeed in your life.

Goal: Towards goal success → completely Release → my current feeling → towards goal failure → completely Release → my current feeling What is my current feeling? → Released? * Okay? * → What is my current feeling? → Released? * Okay? *

Towards goal success → completely Release → my current feeling → towards goal failure → completely Release → my current feeling What is my current feeling? → Released? * Okay? * → What is my current feeling? → Released? * Okay? *

Feng 2020-10-24 13:05:17 Each Release will make you feel better. You will know it is already yours. Then you will automatically become *hootless*.

Elizabeth 2020-10-24 13:05:24 ===== Page 131 =====

The speed of manifestation depends entirely on the speed of Releasing, right?

Elizabeth 2020-10-24 13:06:10 Or does the world adjust the manifestation according to its own steps?

Feng 2020-10-24 13:25:01 **Feng** 2020-10-24 13:25:01 It will manifest at the most appropriate time. However, this is just the迟钝 chain of the material world. Once you can manifest, Lester Levenson encourages you to reach materialization and dematerialization. That is instantaneous.

Liz Zhang 2020-10-24 13:25:20 How does materialization and dematerialization work? Isn't this instantaneous also within the material world?

Feng 2020-10-24 13:25:36 Mm. But you have transcended the limitations of the material world.

Liz Zhang 2020-10-24 13:26:07 Why is there no delay with this, while goals had a delay before?

Feng 2020-10-24 13:26:41 Because you have reached the astral plane.

Qingxi 2020-10-24 13:28:07 **Qingxi** 2020-10-24 13:28:07 How to understand the state of materialization and dematerialization? What does dematerialization mean? Is it transcending the limitations of the material world? Is that dematerialization?

Feng 2020-10-24 13:28:34 image[[176, 536, 875, 905]]

Materialization is making matter appear instantly.

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Dematerialization is making matter disappear instantly.

Renzhi Weiyue 2020-10-24 13:30:00 Can dematerialization make others disappear?

Feng 2020-10-24 13:30:11 Yes. Ancient Indian yogis often did this.

Liz Zhang 2020-10-24 13:30:24 First achieve all goals, then continue Releasing. Energy will reach the astral plane, and then you can materialize and dematerialize in this material realm?

Feng 2020-10-24 13:30:47 They wouldn't轻易 deprive others of life. It's your state of consciousness that has reached the astral plane.

Renzhi Weiyue 2020-10-24 13:30:51 This is naked control.

Liz Zhang 2020-10-24 13:31:04 Control is fine. *Wanting* control is the problem.

Feng 2020-10-24 13:31:45 [Link: Goals and winning You must win the goal
<https://mp.weixin.qq.com/s/wyfo3-6CSikhDubfP3Qk8Q>]

Feng 2020-10-24 13:32:03 As we know, control is not a bad word, nor a bad thing. "Wanting" control is. When we are free, we can effortlessly control the entire universe with just a thought. When you become free, your mind is quiet, without any thoughts. So any thought you put into your mind will凝聚 and manifest. But currently, your mind may be troubled by thousands of thoughts, and all thoughts are related to AGFLAP.

Feng 2020-10-24 13:32:10 You need to reach the level of complete control over the universe. You must first master matter, then master the mind, becoming the master of mind and matter. Then, you can discover your infinite nature. Everyone, directly look at the translated Lester Levenson audio. The answers are in Lester Levenson's audios and videos.

Renzhi Weiyue 2020-10-24 13:35:18 Mr. Feng, Mr. Lester Levenson once predicted to his students that a nuclear war would break out on Earth soon. Can you tell us how much time we have left?

Cynthia 2020-10-24 13:38:33 When using the Goal Releasing method, is visualization needed? Visualize the scene of the goal achieved?

Feng 2020-10-24 13:38:46 I said this before: complete destruction in 70 years.

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Only those who reach *cap* can survive. No need.

No need to deliberately visualize.

Cynthia 2020-10-24 13:39:04 So visualization and such things are added by others.

Feng 2020-10-24 13:40:16 This world is a century of cleansing. Earth is an advanced classroom.

There are different grades of schoolrooms for different planets. This one is a postgraduate course. It is of the most difficult, and therefore affords the greatest growth. All of us who are here are advanced souls—advanced in that we have chosen an extremely difficult place of abode. We wanted a higher course, a tougher one, and we've got it!

There are different levels of classrooms on different planets. This one is a postgraduate course. It is the most difficult, and therefore yields the greatest growth. All of us here are advanced souls – advanced in that we have chosen an extremely difficult place to live. We wanted a higher course, a tougher one, and we got it!

However, Earth has deviated from its spiritual goals because 95% of people are in agf. People treat it as a place of enslavement and being enslaved, of enjoying material things.

Elizabeth 2020-10-24 13:41:11 If a person is enlightened and can completely dematerialize, why can't they just change all situations directly to positive?

Shidai Wanwu Huliian 2020-10-24 13:41:54 If you live in *cap*, can you survive the Earth's nuclear war?

Feng 2020-10-24 13:42:16 So it will self-correct, clearing away a batch of people who don't learn.

Elizabeth 2020-10-24 13:43:01 Instead of hiding and enjoying leisure themselves.

Feng 2020-10-24 13:44:09 The answer is in Lester Levenson's video. If it weren't for so-called masters holding the Earth's atoms together, the Earth would have already disintegrated. Yogananda intervened once. But this time, there's no need to intervene. This cleansing is a good thing. Retake the exam to gain more experience.

During the Korean War, someone asked Guruji, "Will the American soldiers fighting incur bad karma for killing?" "They are fulfilling their duty as soldiers," Guruji replied. "No, they will not incur bad karma for this. This is a

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holy war. The bad guys must be repelled, otherwise the whole world would be enslaved."

This story is not just this. After the war began, Guruji said to a few of us, "When South Korea was invaded by North Korea, I implanted the thought of helping South Korea's defense into President Truman's mind. If South Korea failed, the communists would go on to invade Japan, then the Aleutian Islands, and from there they would invade Alaska and North America. Ultimately, the whole world might be swept into the communist philosophy of materialism. For these reasons, defending South Korea was absolutely necessary. That's why I called it a holy war."

I was fascinated by this hint that masters sometimes play an active role in world affairs. This means they care not only about individual salvation, but also about the spiritual upliftment of humanity as a whole.

When Hitler first came to power, Paramhansa Yogananda, for several reasons, had some hopes for this matter. One reason was the injustice of the Treaty of Versailles, which forced Germany into substantial poverty. He also saw, as he told a few, that Hitler in a previous life was Alexander the Great of Greece, who had shown interest in the yogis of India. However, when Hitler allowed himself to be consumed by the ambition for power, which distorted his underlying spiritual tendencies, several masters began working against him. Masters always work within the bounds of the law of karma. Thus, they would not try to change the world's destiny, but work within the scope of the karma of the individuals involved. So, they influenced Hitler's consciousness. However, they had permission to plant certain thoughts in Hitler's mind, causing him to make mistakes that ultimately led to his destruction. For example, they suggested to him from within to分散 his forces, fighting on both the eastern and western fronts, and in Africa. They achieved this by fostering his self-confidence, making him feel he had the "invincible" ability. Militarily, Germany did not need to分割 its frontline战区. This self-division ultimately proved to be a fatal mistake.

Interestingly, regarding the past lives of several world leaders, Guruji said Mussolini was Mark Antony of ancient Rome, Stalin was Genghis Khan of Asia, and Winston Churchill was Napoleon. (I once asked him, "Who was Roosevelt?" He replied, "I've never told anyone," and after a short pause added, "I'm afraid I'd get into trouble!")

About Napoleon he said, "He wanted to destroy England. As Churchill, he had to preside over the dissolution of the British Empire. The sacred purpose behind World War II was to liberate the various countries of the 'Third World,' most of which were British colonies. Again, Napoleon was briefly exiled to Elba. Then he regained power. Similarly, Churchill was once kicked out of the political arena; now he has regained power."

Mainly Hitler. The masters implanted some beliefs in Hitler that led to his failure. Continue Releasing.

Qingxi 2020-10-24 13:50:21 This learning doesn't refer to intellectual learning, right? It's about understanding at the wisdom level, unrelated to the mind?

Feng 2020-10-24 13:50:39 There's no need to discuss such things too much. Spiritual growth.

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2020-12-24 The mind naturally stops revolving around something, that is *hootless*

Elizabeth 2020-12-24 13:59:14 English: *you don't give a hoot*. The last sentence means completely不在意. Feng, please confirm if what I heard is correct.

Feng 2020-12-24 13:59:19 What you heard is correct. His punctuation was wrong. *every impossible, no matter how impossible, become immediately a possible, as you completely released on it*. This is one sentence.

Elizabeth 2020-12-24 13:59:50 The last sentence is also super important, otherwise it will be misunderstood. *You know you completely released on it when you don't give a hoot.* Every impossible, no matter how impossible, immediately becomes possible when you have completely Released on it. When you completely don't care about it.

[Chat log: 20201224_13:12] 【 Feng 2020-12-24 13:12:15 It seems many people misunderstand Lester Levenson's *hootless*. Star of Bethlehem 2020-12-24 13:12:29 Wrong. I've heard in Lester Levenson's recording *don't give a hoot*. It's definitely not the meaning of careless. Feng 2020-12-24 13:12:48 If a person stops focusing on something, the desire for it disappears, and you get it. The mind naturally stops revolving around something, that is *hootless*. 】

Lester Levenson explained in the audio that *don't give a hoot* means when you have completely Released, your mind will completely lose focus on it. This audio is on YouTube.

Shidai Wanwu Huliian 2020-12-24 14:00:06 That way, wouldn't it be very difficult to verify?

Feng 2020-12-24 14:00:18 No. When you completely lose focus, it will manifest very quickly.

Shidai Wanwu Huliian 2020-12-24 14:00:29 You only stop caring after it's manifested, right?

Feng 2020-12-24 14:00:48 Mm, you will completely know it's manifested.

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Then you will naturally stop focusing on it. So I told you, you need to Release until you completely know it's manifested, then continue Releasing.

Shidai Wanwu Huliian 2020-12-24 14:01:15 So there's still a delay at this point?

Feng 2020-12-24 14:01:26 This kind of delay doesn't matter. It's already manifested. The film is already in. It's just the time it takes to project onto the screen.

Qingxi 2020-12-24 14:01:38 If you completely know it's manifested, why continue Releasing? I don't understand.

Feng 2020-12-24 14:02:18 Continue Releasing so you understand whether you have truly completely Released. Sometimes you mistake incomplete knowing for complete knowing.

Qingxi 2020-12-24 14:02:42 How do you continue Releasing? How to phrase the questions?

Feng 2020-12-24 14:03:05 Actually, when you truly completely know, your mind will naturally completely Release it and stop focusing on it. Mm, as long as there's a feeling, continue Releasing.

2020-12-24 Following the Six Steps means it's not avoidance

Ming 2020-12-24 14:07:12 Chat log (2020-10-23_19:20:21) Image What does the action here refer to?

Akuan 71319 2020-12-24 14:07:26 Yeah, does action mean striving for the goal?

Ming 2020-12-24 14:07:34 "Must be done in the world, must be done in action." These two sentences are hard to understand. I'm stuck.

Zhenzhen 2020-12-24 14:07:49 If you stay at home every day and don't interact with many people, you won't generate enough feelings. How will you Release?

Akuan 71319 2020-12-24 14:08:02 I stay at home every day, and I have many emotions too.

Ming 2020-12-24 14:08:29 I thought just Releasing was enough, turns out it's not okay. [Awkward]

Akuan 71319 2020-12-24 14:08:40 Although they aren't very strong emotions.

Zhenzhen 2020-12-24 14:08:51 @Akuan 71319 Continuous Releasing [Facepalm] Release until you're not afraid to interact with anyone. [Grin]

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Akuan 71319 2020-12-24 14:09:12 Yeah, the main thing is, how should I act? Oh, right, that's it [Strong][Strong]

Ming 2020-12-24 14:09:16 Akuan 71319, don't you have to work?

Feng 2020-12-24 14:09:38 No, just Releasing is enough.

Ming 2020-12-24 14:09:52 The teacher is here.

Akuan 71319 2020-12-24 14:09:55 No.

Feng 2020-12-24 14:09:59 The meaning of Lester Levenson's passage is that you don't need to deliberately isolate yourself. No need to escape the mundane world.

Zhenzhen 2020-12-24 14:10:12 Mm-hmm.

Ming 2020-12-24 14:10:20 Feng, I don't work now. It's not necessary to find a job, right?

Zhenzhen 2020-12-24 14:10:35 Because in action, there are no obstacles. [Grin][Grin] It's just being afraid of others criticizing you. [Facepalm][Facepalm]

Feng 2020-12-24 14:10:50 Mm, that's right. You don't need to find a job.

Ming 2020-12-24 14:11:00 So am I being avoidant? Staying home all day Releasing and doing nothing else.

Feng 2020-12-24 14:11:16 Following the Six Steps means it's not avoidance. Let me show you a passage from Lester Levenson.

Well, she had to go out and look for a job, she had to go to an agent, she just couldn't sit down and wait. Q: She had to go out and find a job, go to an agency, she couldn't just sit and wait.

Liz Zhang 2020-12-24 14:11:42 One's own actions, body, others, are also projections of images. As long as the projection source (mind/feeling) changes, everything changes automatically. But

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if the projection source hasn't changed, all actions are consistent with the projection source. If you think it's necessary to find a job, it's necessary; if you think it's avoidance, it's avoidance. If you think it's unnecessary, everything will automatically be fine, and everything will be fine. One person's understanding: go by Lester Levenson and Feng's words.

Lester Levenson: I say all she had to do was to let go and be herself. Then even if she locked herself in a chamber somewhere, the things would have come to her. You don't sit down and wait, you don't do anything. Just let go of the sense of doer ship. You just know that everything is perfect and then the slightest thought you have will quickly come into being. There's no limitation on God, the Self. Whatever you thought, would have to come into being if you let go, because you're invoking your infinite power, your Self. Nothing can stop it! A: I say what she truly needs to do is let go and be herself. Then even if she locked herself in a room, what she wants would come to her automatically. Don't wait, don't do anything else, just Release the feeling of wanting to be the doer. You already know everything is perfect, then even the slightest thought will come true. God is infinite, the Self is infinite. If you Release, whatever you think will come true, because you activate your infinite power, your Self. Nothing can stop it!

But at the same time you have to struggle to get some action. Q: But at the same time, you also have to take action.

Lester Levenson: No, I said just the opposite, I say lock yourself in a chamber and padlock the outside of it and if you do what I'm saying you'll find that it will be effected. It has to be. Nothing can stop it! Omnipotence is invoked! A: No, I said the exact opposite. I said lock yourself in a room and put a padlock on the outside, and if you do what I say, you'll find it works, and it must be so. Nothing can stop it, because omnipotence is activated!

Ming 2020-12-24 14:12:19 [Color]

Liz Zhang 2020-12-24 14:12:50 **Liz Zhang** 2020-12-24 14:12:50 If the mind hasn't changed, action is useless.

Ming 2020-12-24 14:12:55 Mm.

Liz Zhang 2020-12-24 14:12:59 If the mind hasn't changed, action is useless.

Ming 2020-12-24 14:13:04 @Feng I understand a bit better. The key is whether I am following the Six Steps.

Liz Zhang 2020-12-24 14:13:19

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Go by feeling. Lester Levenson and Feng have already explained it very clearly. If you insist on spinning in your mind, who is to blame?

Ming 2020-12-24 14:13:23 It's not about external actions.

Hongyu 2020-12-24 14:13:50 @Feng May I ask, do I need to exercise at home? [Grin] If I don't exercise, I feel like I have no muscles. I mean, besides Releasing, is exercise also unnecessary?

Feng 2020-12-24 14:13:57 Still using Lester Levenson's words to answer: *Exercise is good if one believes it is good.* If you believe exercise is good, then it is good.

Zhenzhen 2020-12-24 14:14:08 Once free, you can exercise if you like, or lie down if you don't. Recently, I've been eating fried chicken every day, not meals, but I've become thinner. [Facepalm]

Hongyu 2020-12-24 14:14:34 @Feng Thank you. I understand.

2020-12-25 Destroying False Masters

Feng 2020-12-25 00:30:08 After receiving inner guidance, we will go and destroy these false masters, paving the way for Jesus's second coming.

Tiancheng 2020-12-25 00:30:41 When will Jesus come?

Feng 2020-12-25 00:30:54 After the nuclear war. Pointing out falsehood is never wrong. Pointing out falsehood and upholding truth might incur trouble, but that's okay.

2020-12-25 Feng & Tiancheng - High Spirits

Feng 2020-12-25 00:17:41 More than a dozen high spirits participated in this activity. There are too many in this era.

Tiancheng 2020-12-25 00:18:23 Is Jesus powerless to stop them?

Feng 2020-12-25 00:18:53 Exposing falsehood is certainly necessary sometimes. When sincere seekers of the truth are deceived, the action of exposing falsehood will occur.

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For those not seeking truth, engaged in their own self-entertaining dramas, masters won't interfere. Yogananda directly used destructive blue light to destroy some high spirits. When they tempted his students, he shone the destructive light beam directly on them, and their astral bodies directly dissipated.

Feng 2020-12-25 00:19:47 Falling below the evolutionary ladder.

2020-12-25 The ability to discern truth from falsehood comes from your inclination towards freedom

Feng 2020-12-25 00:44:19 So-called discernment doesn't come from the intellect. The ability to discern truth from falsehood comes from your inclination towards freedom. If you pursue freedom or truth, you can naturally discern. Willingness is more important than intellectual training. First, those who come to this advanced classroom, Earth, themselves have very good karma. They come because they want freedom. Then, among those who become human here, many are here to experience pain and pleasure. After gaining enough experience, they will turn inward. After turning inward, due to the strong influence of worldly tendencies, they may encounter similar false paths that satisfy their minds.

Similar false paths.

One needs extremely good karma to encounter the true method.

And after encountering the true method, one needs a strong inclination towards freedom to discern it and persist. So reaching this step indeed requires very, very good karma.

2020-12-25 Feng & Tiancheng - Materialization and Dematerialization

Tiancheng 2020-12-25 01:02:58 Have you reached the stage of materialization and dematerialization?

Feng 2020-12-25 01:03:31 I have surpassed that stage. *Nirbikalpa Samadhi* is beyond this stage.

Tiancheng 2020-12-25 01:03:53 Materializing the body, dematerializing the body – can it be done?

Feng 2020-12-25 01:03:59 Mm, like Lester Levenson, I only experimented with each ability twice, then lived like an ordinary person.

Tiancheng 2020-12-25 01:04:49 Can you go to Mars now? Astral projection?

Feng 2020-12-25 01:05:03 Haha, I haven't tried, but I think it would be no problem.

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Tiancheng 2020-12-25 01:05:21 Or come and see me? Like Lester Levenson's experience of calling a friend.

Feng 2020-12-25 01:05:52 I don't demonstrate this. Demonstrating miracles is meaningless.

Tiancheng 2020-12-25 01:06:14 Mm. What abilities have you experimented with?

Feng 2020-12-25 01:07:01 This part, I'd like to leave for you to verify yourself.

Tiancheng 2020-12-25 01:07:21 The ones Lester Levenson mentioned in the video? I'm a bit curious.

Feng 2020-12-25 01:07:41 More or less those. The first thing I experimented with was materialization. Later, I experimented with some others.

Tiancheng 2020-12-25 01:08:13 Materialized what?

Feng 2020-12-25 01:08:18 But being interested in these powers is the wrong direction. So I won't share too much.

Tiancheng 2020-12-25 01:08:24 Mm, I'm actually not interested. Haha, dishonest.

Feng 2020-12-25 01:09:26 If you weren't interested, you wouldn't have asked.

Tiancheng 2020-12-25 01:09:30 True.

Feng 2020-12-25 01:10:22 Go Release. You can do it all. That's all I want to say.

2020-12-25 Feng & Tiancheng—The karma of China and the US is relatively good, is it because many sages emerged in both places?

Tiancheng 2020-12-25 01:37:27

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The karma of China and the US is relatively good, is it because many sages emerged in both places?

Feng 2020-12-25 01:37:38 The overall karma of both China and the US is relatively good.

Tiancheng 2020-12-25 01:38:20 Mm.

Feng 2020-12-25 01:38:36 Collective karma is relatively good. For example, when various countries invaded China, the Qing government paid indemnities. The US was the only country that used the indemnity entirely to help China. With the Boxer Indemnity, they built Tsinghua University, built China's best universities, best hospitals.

2020-12-25 The relationship and difference between desires, emotions, and feelings

Renzhi Weiyue 2020-12-25 12:43:36 Do you mean to Release by paying attention not to feelings, but to emotions?

Feng 2020-12-25 12:43:51 In the course, the word used for feeling is *feeling*. The nine emotional states are *emotion categories*. Below them are called *individual feelings*. It has never been about physical sensations, only that Releasing is accompanied by some feeling of energy dissipating.

Now if you notice, there are many categories here: apathy, grief, fear, lust, anger, pride, courage, acceptance, peace. Under each category are many feelings. In this course, what we need to do is when you are aware of whatever feeling is present, it isn't necessarily apathy, grief... If you don't perceive it that way, what you need to do is trace up to these categories. We do this because every time you Release a little bit of grief, you Release all the feelings under it. So Releasing grief is much more powerful than Releasing those individual feelings below. When you trace these lower feelings back up to this emotion category and Release that category, you will find you move up faster.

Renzhi Weiyue 2020-12-25 12:44:12 Mr. Feng, could you explain the relationship and difference between desires, emotions, and feelings?

Feng 2020-12-25 12:44:25 *About Releasing (1)* – Audio from Lester Levenson's early days with students creating the Release Method.

Original Release Method 2020-11-14

http://mp.weixin.qq.com/s?__biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2c741f7dee6a8da8c6601760&chksm=8c291f0fb5e9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbd444ef&mpshare=1&scene=1&srcid=1225hfLKf1bw2zHBJMHQ41cR&sharer_sharetime=1608871517101&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd

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This is a very efficient method, a very simple method. We have the complete picture, we have the mind and feelings you must operate on. We have a chart. In the chart, you know our subconscious mind, Release thoughts and feelings. How are they Released together? How are those surface feelings covered by fewer basic feelings we call emotions? How are these emotions covered by two basic feelings?

We attack them, and we eliminate all feelings! It's so basic, it's extremely efficient.

The descriptions below the emotional chart are the surface *individual feelings*.

The nine emotion categories are the *wanting control* and *approval* that drive those individual feelings. Two basic feelings drive the nine emotion categories.

Shidai Wanwu Huliian 2020-12-25 12:44:50 So, through Releasing, some physical phenomena may occur, like hiccups, etc., right?

Feng 2020-12-25 12:45:22 *Wanting to survive* (fear of death) drives *wanting control* and *approval*. Therefore, feelings, emotions, desires are all *feeling*. The first feeling, the deepest one, is the fear of death.

Shidai Wanwu Huliian 2020-12-25 12:45:38 It's normal whether it happens or not, right?

Feng 2020-12-25 12:45:50 Mm. Later in the course, after starting to Release desires, it also says that sometimes Release happens subtly. If you focus too much on physical sensations, you will get stuck. Sometimes it is accompanied by the dissipation of energy at the feeling center. Sometimes it's just a psychological feeling of being lighter and more pleasant.

Renzhi Weiyue 2020-12-25 12:46:05 So, distension, pain, tumors, numbness are all physical sensations, no need to pay attention?

Feng 2020-12-25 12:46:14 Mm. The Release Method has never talked about Releasing those. The Release Method only Releases *feeling*. Physical sensation is just a projected result.

Renzhi Weiyue 2020-12-25 12:46:26 If, when Releasing desires, I notice a feeling of distension and pain energy in the chest and abdomen, how should I handle it?

Feng 2020-12-25 12:46:30 Don't resist physical sensations, but mainly focus on psychological feelings.

Basic desires drive nine emotion categories, emotion categories drive all individual feelings, feelings drive thousands of thoughts.

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X 2020-12-25 12:46:42 So, by Releasing the three major desires, when we decide to stop seeking others' approval, does that help progress in Releasing?

Feng 2020-12-25 12:46:51 Only Releasing helps. If you decide not to seek others' approval, but choose to suppress, that doesn't help.

Elizabeth 2020-12-25 12:47:12 Feng said every thought manifests! Now, I am clearing these emotions and feelings. Thoughts still arise occasionally, some bad, some good. How do they manifest simultaneously?

Feng 2020-12-25 12:48:59 *We should start with the first step, consciously controlling matter. There we are aware of it or not, everyone is controlling matter all the time. Whether one wants to be a demonstrator or not, he is. It is impossible to not be a creator all the time. Everyone is creating every day. We are not aware of it because we just don't look at it. We have demonstrated or created everything we have! Every thought, every single thought, materializes in the physical world. It's impossible to have a thought that will not materialize (except that we reverse it). If we think the opposite right after we have a thought, with equal strength, we neutralize it. But any thought not reversed or neutralized will materialize in the future, if not immediately.*

Step one, consciously control matter. Whether we are aware of it or not, we are always controlling matter. Not being a creator is impossible. Everyone creates every day. We are unaware of it because we don't look at it. We manifest or create everything we have! Every thought, every single thought, manifests in the material world. If you think the opposite direction immediately after a thought, with the same force, the thought is neutralized. Any thought that is not immediately reversed or neutralized after it arises will manifest in the future.

Every single thought will manifest, as long as you don't counteract it. Opposite thoughts will cancel out the previous one. If you say "I have a perfect body," and the next thought is "That's impossible," the previous thought is canceled. Therefore, you need to Release the subconscious programs that drive your thoughts.

2020-12-25 Does your feeling stir up your *wanting control* or *approval*?

Elizabeth 2020-12-25 22:35:54 Previously, in emotional Release, I first find the current emotion, then trace up to the major category, and Release at the major category. It doesn't necessarily have to be that the word of the major category has a specific feeling. Regarding the three major wants, do we similarly trace up from the current feeling to the category, or are the three major wants three specific feelings? @Feng Recognize if it comes from, or recognize

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Zai 2020-12-25 22:36:21 *get them under* All feelings are driven by these three major desires. When you recognize which basic desire it is, it will surface, and there will be an immediate tendency to Release it. In the course, there is a question phrasing: *stir up* – does your feeling *stir up* your *wanting control* or *approval*? You can ask it this way. Don't suppress your other feelings, but mainly focus on *wanting control* and *approval*. If *wanting to survive* surfaces, then Release *wanting to survive*.

2020-12-26 Feeling drowsy is a way of trying to escape feelings

Elizabeth 2020-12-26 18:36:13 What's the difference between the attention automatically disengaging from the goal when it's achieved, and this ecstasy? Continuous Releasing can lead to ecstasy, but the goal doesn't need to reach that point, right, Feng?

Feng 2020-12-26 18:36:26 When you've got it, you automatically stop focusing on it. Before the goal is achieved, you just need to keep Releasing.

Elizabeth 2020-12-26 18:36:38 For a long-cycle matter, you need to Release until you feel you already have it, and automatically stop focusing. But you don't need to reach ecstasy, right?

Feng 2020-12-26 18:37:01 Mm, achieving a goal doesn't require reaching that high a level of ecstasy.

Strong 2020-12-26 18:37:29 Why does Releasing make me drowsy? Feng

Feng 2020-12-26 18:38:00 *When we start moving into the Self, the ego starts putting blocks in the way: we get sick, we go to sleep, we have other things to do, etc., because we feel we will be destroyed if the ego is destroyed. We have convinced ourselves over the millenniums that we are these limited bodies, and we think it takes time to let go of these concepts of limitation.*

When we start moving into the true Self, the ego will come out to cause trouble. We get sick, want to sleep, or do other things, etc., because we think we will be destroyed along with the ego's destruction. For thousands of years, we have been deeply convinced that we are this limited body. Releasing limiting beliefs takes time.

Feeling drowsy is a way of trying to escape feelings. *Wanting to survive* is *wanting to survive*. *Wanting to survive, wanting to die*, are two sides of the same coin.

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Happy Time 2020-12-26 18:39:16 Can this also be seen as the *wanting control* being Released?

Feng 2020-12-26 18:39:20 Yes.

2020-12-27 Sleep is a continuation of the previous state of consciousness

Feng 2020-12-27 22:03:12 Completely Releasing feelings about a matter or a person takes as little as a minute, as much as a few hours. As long as you decide to do it. No need to drag it out to weeks, months, or even years. Most people use this efficient method extremely inefficiently. You can do Releasing before falling asleep. Sleep is a continuation of the previous state of consciousness.

Yiling 2020-12-27 22:03:25 What is the reason for this?

Feng 2020-12-27 22:03:42 Not following the Six Steps.

2020-12-27 Release fundamentally doesn't require "persistence"

Feng 2020-12-27 22:15:25 Releasing fundamentally doesn't require "persistence." Because each Release requires no effort and is more pleasant and light. Talking about Release frequency would be strange. Because within the Six Steps, there is no stopping.

2020-12-27 If your mind wanders, it's just a tendency to escape

Elizabeth 2020-12-27 22:14:17 I have lightness and pleasantness, but not enough clarity.

Feng 2020-12-27 22:14:25 Therefore, through simple continuous practice, make yourself clearer.

Rong 2020-12-27 22:14:38 For each step of the Six Steps of this Release Method, you should be able to clearly feel the pleasantness. Everyone's feeling is different. If I Release successfully, that kind of pleasant feeling is something indescribable. Staying in that state, I don't want to come out, and I feel very brave. @Liz Zhang

Feng 2020-12-27 22:14:50 During this process, no need to analyze principles.

Shuxin 2020-12-27 22:15:18 @Feng When I Release, the first half usually goes smoothly. Later on, I get distracted. After getting distracted, how should I Release?

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Feng 2020-12-27 22:15:29 **Feng** 2020-12-27 22:15:29 Do you mean mind wandering?

Kaixin 2020-12-27 22:15:36 Yes. @Feng

Feng 2020-12-27 22:16:14 If your mind wanders, it's just a tendency to escape. When you notice it, Release this *wanting control*. The situation of your mind wandering will happen less and less.

Shidai Wanwu Huliian 2020-12-27 22:18:50 Can you give me some guidance?

Feng 2020-12-27 22:18:59 Actually, there's not much need for guidance, because the answer is in the Six Steps.

Shidai Wanwu Huliian 2020-12-27 22:20:10 I currently don't know what state I'm in.

Feng 2020-12-27 22:20:19 Then Release this *wanting to figure out*.

Elizabeth 2020-12-27 22:21:14 Does the feeling of emotions have no location, or is it also in the chest and abdomen? I used to feel emotions near my nose and head. @Feng

Feng 2020-12-27 22:21:26 Feeling is at the feeling center.

Elizabeth 2020-12-27 22:22:10 Near the heart center?

Feng 2020-12-27 22:23:54 But you don't necessarily need to over-focus on the feeling center. The important thing is to recognize your emotions. That way you can clearly perceive them. No emotion is also an emotion.

Elizabeth 2020-12-27 22:25:16 How to Release when there is no emotion? Many times it's very subtle. Can't grasp the feeling. @Feng If you don't focus on the feeling center, do you focus on your current tendency?

Feng 2020-12-27 22:26:24 Focus on your emotions. Because you haven't clearly experienced Release yet. Therefore, I suggest starting with experiencing Releasing emotions. After you experience Releasing emotions, you can Release desires.

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Elizabeth 2020-12-27 22:26:38 I've Released emotions before, I have feelings. I'll go back to that.

Feng 2020-12-27 22:27:17 No need. You always have feelings. At any time, you have feelings.

Elizabeth 2020-12-27 22:28:04 Emotional Release also doesn't bring pleasantness, just the lightness of something coming out.

Feng 2020-12-27 22:28:13 More pleasant. That is, better than before.

Sui Le 2020-12-27 22:28:41 It feels like you're not obvious, you can't feel what it is.

Feng 2020-12-27 22:29:00 If you can't feel it, it's vague.

Elizabeth 2020-12-27 22:29:18 Emotions are there. It's just that the feeling of Releasing desires is not obvious anymore. Or I'm confused about pleasantness. No confusion about being lighter.

Feng 2020-12-27 22:30:50 Release the *wanting to change* the vague feeling, and the feeling will become clear.

2020-12-27 You might think it's normal to ask several times in a row without feeling anything, or even to ask for over ten minutes without feeling anything...

Feng 2020-12-27 23:39:13 Don't ask questions, just Release. My answer is simple. You know it. The Release Method is an extremely efficient method, but people often use it in an extremely inefficient way. Not used to becoming more pleasant with each Release, hence the question.

Zongzhen 2020-12-28 22:10:50 Mm.

Feng 2020-12-28 22:11:16 You might think it's normal to ask several times in a row without feeling anything, or even to ask for over ten minutes without feeling anything. This is only normal in the beginner stage of feeling Release.

Pingjing Ziyou 2020-12-28 22:12:41 Mm.

Feng 2020-12-28 22:12:41 **Feng** 2020-12-28 22:12:50 With each Release, you will become more pleasant. Look at the Sixth Step. Every time, every time. If you don't become more pleasant after a process, you are stuck.

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Pingjing Ziyou 2020-12-28 22:13:15 [得意] It seems there are no complicated questions, and no complicated answers.

Shunxing 2020-12-27 23:41:02 This feeling, you cover it, the above feeling clears and leaves, and then a burst of pleasantness wells up from below. This is one Release. If not, it might just be the imagination of the brain. Feng.

Feng

2020-12-28 When you chase the world, you are developing the mind, making it noisier, and intensifying suffering

Feng 2020-12-28 22:12:12 *the world is only misery* – This is Lester Levenson's teaching, the world is only suffering. This is also the Buddha's teaching. This is the truth. The world is just the imagination of the mind. The mind is only limitation. When you limit your infinite existence, you suffer.

Zai 2020-12-28 22:12:38 Then where does joy come from?

Feng 2020-12-28 22:12:50 All joy comes from the mind quieting down, and you seeing a little more of your infinite existence. You just mistakenly think it's brought by certain external people or things. The only source of joy is your infinite existence. What people call the pleasure of orgasm is also just temporarily quieting the mind. What is the joy of achieving a goal? When you obtain certain things, it temporarily allows the mind to be a little quieter.

When you chase the world, you are developing the mind, making it noisier, and intensifying suffering. The only way to relieve suffering is to turn the direction and let the mind become quiet. Because the only source of joy, infinite existence, can only reveal itself more when the mind is quiet. It's that simple.

Zai 2020-12-28 22:13:01 I'm so afraid you'll say Releasing is all suffering.

Feng 2020-12-28 22:13:19 Releasing will make you more pleasant.

Shuxin 2020-12-28 22:13:57 @Feng The only way to relieve suffering is to Release continuously, right? Teacher.

Feng 2020-12-28 22:13:59

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Mm, action only creates more suffering. Only Releasing can relieve suffering.

Shuxin 2020-12-28 22:14:00 @Feng Why can't I Release the feeling of joy? I feel quite focused too?

Feng 2020-12-28 22:14:07 Releasing makes your feeling better. It's not about reaching great joy in one go, but it will get better.

Yixuan 2020-12-28 22:14:19 @Feng Master Feng, are you now at the stage of materialization and dematerialization? [Pout] Why haven't we manifested anything yet? [Grin]

Feng 2020-12-28 22:14:29 Release more.

Shuxin 2020-12-28 22:14:50 Is it the feeling of the heart slowly spreading open? @Feng

Feng 2020-12-28 22:15:06 Obvious lightness and pleasantness. Many things I don't talk about. Talking about them has little meaning.

Yixuan 2020-12-28 22:15:18 Then why don't you talk about them?

Feng 2020-12-28 22:15:34 Seeing for yourself is always better than hearing from others. If you really want to know something, Release and get the answer from within.

2020-12-29 Allow this feeling of having no feeling

Xiaoli 2020-12-29 06:05:48 My own experience of being stuck: sometimes when I become aware of a "want" emerging, my first reaction is to judge it and want to push it back. When I realize this, I "allow" – allow the judgment to surface, Release it first, then Release the want. This produces a clear pleasant feeling. Allow this feeling of having no feeling, Release this *wanting control*, then continue Releasing. Or allow the feeling of avoiding not wanting to

Release, Release this *wanting control*, then continue Releasing. Don't exert force, just allow it to surface, allow it to leave. The Releasing process happens easily.

2020-12-29 It's best not to believe anything

Feng 2020-12-29 11:12:23 Actually, no need to focus on me. On the path of the Release Method, Lester Levenson is a window, but just a window. When I studied Buddhism before, I read the *Kalama Sutta* and took it as the standard. This is a picture someone sent me. I send it to everyone. It's best not to believe anything. Only with this level of self-reliance is it possible to be free.

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2020-12-29 Is there a difference between Releasing and experiencing/being aware of emotions?

S 2020-12-29 11:20:12 **S** 2020-12-29 11:20:12 I'd like to ask, what is the difference between Releasing and experiencing/being aware of emotions? Previously, I learned to be aware of emotions, watching the emotion in a certain part of the body until it completely disappears. Now using the Release Method, I don't know what the difference is. [Fist in palm] @I am infinite

Feng 2020-12-29 11:20:37 Being aware of emotions has some effect, but when learning the Release Method, it's best to strictly follow the Release process. You can set aside previously learned knowledge and experience the method.

Wang Jingfang 2020-12-29 11:21:04 **Wang Jingfang** 2020-12-29 11:21:04 @Feng Thank you, teacher. I've been aware for over a year myself, and found that common emotions are easy to be aware of, but deeper emotions haven't been discovered, yet they constantly affect my life. A friend recommended the Release Method. Seeing it makes me very happy. I'm ready to put aside the previous method and focus on 21 days of Releasing. [Fist in palm][Fist in palm][Fist in palm]

Feng 2020-12-29 11:21:50 You're welcome. The Release Method is very efficient.

Wang Jingfang 2020-12-29 11:22:39 @Feng Okay, I won't call you teacher. [Rose][Rose][Rose][Rose] When Releasing, do I need to use a notebook to record practice?

Feng 2020-12-29 11:22:48 @Wang Jingfang You can use it. You can first look at the Release Method course compiled by the group leader. There are some instructions on using notebooks there.

2020-12-29 Every Release deepens your own experience

Feng 2020-12-29 11:31:32 **Feng** 2020-12-29 11:31:32 No need to focus on me as a person, because I don't intend to be a teacher. I'm just briefly sharing Lester Levenson's original teachings. This might be a little helpful. During the translation process, I got to review the

The Way series, which helped me. Therefore, I'm temporarily staying in the group to share for a while. But I'm not a teacher. Actually, no need to ask too many questions.

Feng 2020-12-29 11:35:23 The method is simple: the Six Steps, practice them. In a month to two months, you will be completely free. If you can't do it in one or two months, then it's impossible.

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Simple, or impossible. The method is so simple it doesn't need an idol. So fast it doesn't need a benchmark. Because you don't need to look at others. Every Release deepens your own experience. This method fundamentally doesn't require any of your beliefs or faith.

2020-12-29 Wanting the world to be as you think it should be is *wanting control*

Wei Nuan 2020-12-29 11:42:12 @Feng I can't experience *wanting control*. Teacher Feng.

Feng 2020-12-29 11:42:29 Wanting the world to be as you think it should be is *wanting control*.

Jerro 2020-12-29 11:43:14 I ask myself if I want to change this stuckness, but the answer is "no." Then I can't proceed.

Feng 2020-12-29 11:43:46 Do you like this stuck feeling?

Jerro 2020-12-29 11:44:05 I can see my chest cavity is full of wanting control, wanting control, but I just can't make them leave. [Crying] I ask myself if I want to change this stuckness, but the answer is "I don't really want to change." Then I get stuck. Asking for help @Feng.

Feng 2020-12-29 11:44:52 Do you like this stuck feeling?

Jerro 2020-12-29 11:45:16 It seems I don't dislike it.

Feng 2020-12-29 11:45:30 So can you also decide to let it leave?

Jerro 2020-12-29 11:46:01 Don't dislike it, still let it leave... Aigh, I really want to cry.

Feng 2020-12-29 11:46:22 Do you want to feel better?

Jerro 2020-12-29 11:46:57 Crying [Crying][Crying][Crying], don't know [Crying][Crying]

Wang Jingfang 2020-12-29 11:47:10 @Feng Should I wait until an emotion arises to Release, or should I deliberately provoke situations to bring out emotions and then Release?

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Feng 2020-12-29 11:47:24 Sometimes, you just don't dare to let yourself feel better. Be bold. [Grin]

Jerro 2020-12-29 11:47:51 I'm very sick, but I don't know how to make myself better. Or rather, I don't even know if I want to get better.

Feng 2020-12-29 11:48:16 You always have emotions at any time. If emotions are not obvious, it's called a "vague feeling."

Jerro 2020-12-29 11:48:29 I feel like I don't have much time left, yet I still have no strength.

Feng 2020-12-29 11:48:38 Clearly, you want to change a certain situation. This feeling is *wanting to change*.

Jerro 2020-12-29 11:48:52 But I can't let go of *wanting control*. What feeling?

Feng 2020-12-29 11:49:00 Being stuck is just a feeling. Feel the stuck feeling, then feel the *wanting control* towards it. Can you feel that being stuck is just a feeling? And at the same time, can you feel the *wanting control* towards it?

Jerro 2020-12-29 11:49:28 I just can't feel the *wanting control* towards being stuck. It's like, it's okay to be stuck. This point makes me feel powerless and I can't proceed.

Feng 2020-12-29 11:49:43 Do you want it to not be stuck?

Jerro 2020-12-29 11:50:16 Seems not.

Feng 2020-12-29 11:50:21 If you don't want it not to be stuck, then think about the things you want to change.

Jerro 2020-12-29 11:51:56 @Feng I felt it. I agree to let go of this feeling of being "stuck" that I don't actually dislike. It's like agreeing to let myself leave. Very unwilling. So, so sad.

Feng 2020-12-29 11:52:27 Then you can feel your sadness.

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Then let it leave.

Wei Nuan 2020-12-29 11:52:40 @Feng Teacher, when this sadness surfaces, is there no need to look at the desire behind it?

Feng 2020-12-29 11:52:48 Releasing desires is faster.

2020-12-29 Stuck in Release

Feng 2020-12-29 11:52:17 Being stuck is just a feeling. Feel the stuck feeling, then feel the *wanting to change* it. Do you want it not to be stuck? Relax, Releasing is effortless. Releasing *wanting control* means being aware of that wanting, and simultaneously you naturally have a tendency to let it leave. When you are stuck, first notice that stuck feeling. When the stuck feeling surfaces, don't try to suppress it, and don't try to walk away or緩一緩 before Releasing. If you逃避 the stuck feeling or suppress it into the subconscious, it will continue to run you. No need to analyze. Release that *wanting control*. Stuck. First allow the stuck feeling to express itself. Let yourself feel the stuck feeling. Then Release the *wanting to change* it. Vague feeling, then allow yourself to feel the vague feeling. Then Release the *wanting to change* the vague feeling.

2020-12-29 Images will depart as the feeling dissipates

Hongyu 2020-12-29 11:55:27 @Feng If I want a goal, and then I Release this wanting, isn't that a bit contradictory? I want my hair to turn black, but I also Release this feeling of control. Is that right?

Feng 2020-12-29 11:55:46 Wanting = lack. Releasing the wanting, you will feel ownership. Releasing a goal is very simple. Look at your feelings about the goal, then Release them.

Hongyu 2020-12-29 11:59:48 @Feng Mm, keep Releasing until I have the inner feeling of ownership?

Feng 2020-12-29 12:00:26

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Mm, when you fully own it, your mind will naturally stop enveloping that goal. Then the goal will fall into your experience. Relax, Releasing is effortless.

Generally, what we call "not caring" is incorrect, because when you suppress feelings for a while, the mind will prematurely declare "not caring."

Wei Nuan 2020-12-29 12:02:31 Teacher Feng, if Releasing the control desire means Releasing a feeling of effort, is it the same to let it go as to release it? @Feng Am I using my mind too much? I'm trying to understand with my mind.

Feng 2020-12-29 12:02:48 Release all feelings about the goal. You will feel that you already own it. Because you already own it, the mind will automatically move away from the goal.

Feng 2020-12-29 12:03:17 No need to change the questions. The questions don't need to be understood. Releasing *wanting control* means being aware of that wanting, and simultaneously you naturally have a tendency to let it leave. When you are stuck, first notice that stuck feeling.

Hongyu 2020-12-29 12:04:18 @Feng When you Release, do you ask mechanically, or do you adjust the questions according to your own situation?

Feng 2020-12-29 12:04:34 When the stuck feeling surfaces, don't try to suppress it, and don't try to walk away or 緩一緩 before Releasing. If you 逃避 the stuck feeling or suppress it into the subconscious, it will continue to run you.

Hongyu 2020-12-29 12:04:53 Sometimes I adjust the questions according to my own situation. I don't know if it's right? Sometimes when I'm happily unable to 靜下心来, I Release.

Feng 2020-12-29 12:06:56 The Releasing process itself is very simple, so no need to make too many adjustments.

Wei Nuan 2020-12-29 12:07:09 Allow the stuckness to surface, then become aware of *wanting to change* it, and Release this wanting? @Feng

Feng 2020-12-29 12:07:25 Mm.

Wei Nuan 2020-12-29 12:10:58 Teacher Feng, am I practicing Releasing desires too early? I'm not sensitive at all to the feeling center. @Feng

Feng 2020-12-29 12:11:41 If you've learned to Release emotions, you can practice Releasing desires.

Sunny Zhuang 2020-12-29 12:12:12 How to deal with the state of being "vague"? I've been Releasing on a goal continuously and am starting to feel this way.

Qing 2020-12-29 12:12:35 Sometimes it feels like the Release stays at the mental level.

Feng 2020-12-29 12:14:26

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If you feel vague, Release the *wanting to change* the vague feeling.

"Just do it, keep doing it. When you get stuck, use the 'what to do' process in this method, let go of the desire to change the feeling of being stuck. If it's a vague feeling, then let go of the desire to change this vague feeling. After you Release it, you can attack that fear of death again."

Dabao 2020-12-29 12:20:25 @Feng For example, now I'm Releasing on goal A. The first feeling that comes up is *wanting control*. After letting it go, the next thing I notice is *wanting approval* regarding (past) person B or thing B. Is it okay to Release like this? I find that Releasing on the present automatically brings out past events and scenarios.

Feng 2020-12-29 12:21:12 Yes. Release whatever surfaces.

Qing 2020-12-29 12:22:26 Can I focus on Releasing some very traumatic events from the past? Ones that make me want to cry when I think of them. @Feng

Feng 2020-12-29 12:24:35 Yes, you can.

Hao Qianqian 2020-12-29 12:26:07 @Feng When I Release *wanting control*, it feels like putting something down.

Feng 2020-12-29 12:27:33 Mm, if you suppress, you won't feel pleasant. Just Release the feeling.

Qing 2020-12-29 12:28:25 It's not images, it's the feeling of desire.

Feng 2020-12-29 12:28:28 Images will depart as the feeling dissipates.

Zai 2020-12-29 12:32:22 Just set a goal. The first feeling was actually happiness, not worry or fear. Am I entering fantasy or expectation? Or did I misunderstand the first feeling?

Feng 2020-12-29 12:34:49 Just Release. Then see what feeling comes next.

Dabao 2020-12-29 12:36:49 @Feng So, for Goal Release (e.g., earning 1 million), for example: first *wanting control*, second *wanting approval*, third *wanting control*, then stuck, then *wanting to change*, Release the stuckness? Then feel pleasant. Is this one Release for a goal?

Feng 2020-12-29 12:37:27 Release one, then Release another, then Release another, until you feel ownership.

Pingjing Ziyu 2020-12-29 12:37:37 Yesterday I Released to a point of feeling a little panic. Is this the fear of death? I was still Releasing *wanting control*.

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Feng 2020-12-29 12:37:59 Panic is fear. Fear is an emotional state. Then you can see whether you are *wanting control*, *wanting approval*, or *wanting safety*.

Pingjing Ziyu 2020-12-29 12:40:21 @Feng So, whatever feeling arises, allow it to surface, see which desire it is, and then let it leave?

Feng 2020-12-29 12:41:11 Releasing desires is faster.

Pingjing Ziyu 2020-12-29 12:42:13 If a feeling arises and I just want to let it be and not bother with it, is that also suppression? Not Releasing?

Feng 2020-12-29 12:42:53 This is suppression.

Dabao 2020-12-29 12:43:10 After feeling ownership, should I repeat the Release on this goal, or switch to another goal and rest before coming back?

Feng 2020-12-29 12:43:29 After feeling ownership, continue Releasing.

Dabao 2020-12-29 12:43:30 I mean, until the manifestation is complete, or just until feeling ownership is enough?

Feng 2020-12-29 12:43:38 Until you are completely sure it is yours. At this point, you don't need to stop Releasing.

Pingjing Ziyou 2020-12-29 12:43:53 @Feng Okay, I find I often have this kind of self-righteous suppression, as if I'm牛逼 and can withstand any feeling.

Feng 2020-12-29 12:43:54 Your mind will naturally leave the goal. Because it is already yours, you won't think about the goal anymore.

Yan 2020-12-29 12:47:52 For example, I Release my worry about having a big face. But every time I look in the mirror, the anxiety returns. What should I do? Stop looking in the mirror? @Feng

Feng 2020-12-29 12:48:20 That means the underlying feeling has been pulled out. Continue Releasing. Completely Release and you will have it. No need for secondary confirmation. Immediately, instantly know you already have it. Responding to the mirror question.

Elizabeth Zhang 2020-12-29 12:52:36 If Releasing on a goal brings up thoughts about various possible feedback from the other party in a matter, including many bad possibilities, do I need to Release each one until what feeling?

God be. 2020-12-29 12:52:43 Lost love, despair. How long to Release continuously? Sometimes I Release for hours continuously, but still suddenly fall into the abyss. @Feng

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Feng 2020-12-29 12:53:13 Bad possibilities are just a feeling. Any feeling can be Released. If you Release desires continuously, a few hours can completely Release it.

Salalin 2020-12-29 12:53:49 @Feng Is it done in a very relaxed state? Why haven't I experienced the following: Releasing *wanting control*, meaning being aware of that wanting, and simultaneously having a natural tendency to let it leave.

Feng 2020-12-29 12:53:58 Of course. So continuity is key.

2020-12-29 When you can't distinguish, you have a *wanting to figure out*

Elizabeth Zhang 2020-12-29 12:54:24 Take an extreme example, like before going to court. You need to consider how the other party might argue and refute.

Feng 2020-12-29 12:55:00 So continuity is key. No need to consider.

Shuxin 2020-12-29 12:55:14 @Feng Teacher, regarding the emotions I mentioned, I can't categorize them. What should I do?

Feng 2020-12-29 12:55:35 No need to analyze. Release that *wanting control*.

Elizabeth Zhang 2020-12-29 12:56:12 @Feng Are you talking to me?

Elizabeth Zhang 2020-12-29 12:56:30 No need to think about various possibilities.

Feng 2020-12-29 12:57:00 Grief. Mm, no need to think about various possibilities with the mind. You notice, this is all *wanting control*. After Releasing it, it will all quiet down.

Sala 2020-12-29 12:58:19 @Feng Naturally having a tendency to let it leave. Why haven't I ever experienced this? Am I doing something wrong?

Feng 2020-12-29 12:58:47

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No need to think about those images and thoughts one by one. Practice with the video. Practice simply, relax a bit.

Shuxin 2020-12-29 12:59:00 @Feng Grief is an emotion category. Which desire does it fall under? I can't figure it out.

Feng 2020-12-29 12:59:15 When you can't distinguish, you have a *wanting to figure out*. This is *wanting control*. Release this *wanting control*, and you will be able to distinguish. Release the above, and the subconscious will automatically surface. Continuously Release, and you can empty the subconscious.

Elizabeth Zhang 2020-12-29 12:59:41 Then just know, no need to focus on this limiting belief to Release it, right?

Feng 2020-12-29 12:59:48 No need to focus on beliefs. Release feelings.

Elizabeth Zhang 2020-12-29 13:00:15 Only Release the goal, no need to Release this discovered limiting belief?

Feng 2020-12-29 13:00:06 If stuck, first allow the stuck feeling to express itself. Let yourself feel the stuck feeling.

Li Yuan 2020-12-29 13:01:17 Can a feeling of lack be Released directly? @Feng Teacher

Feng 2020-12-29 13:02:18 Then Release the *wanting control* over it. Yes.

Anna Anlian 2020-12-29 13:02:22 @Feng Sometimes I feel like I don't even approve of myself. Can I still *want approval*?

Feng 2020-12-29 13:00:29 Vague feeling, allow yourself to feel the vague feeling.

Wang Jingfang 2020-12-29 13:00:45 @Feng I just did a complete feeling Release process and found that the truth was that I thought I didn't have it, that I couldn't do it, so anxious and worried emotions arose to ask you for advice. After finishing the Release, I found that I do have it, I can do it, and I relaxed. Is this the process?

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Feng 2020-12-29 13:00:59 Then Release the *wanting to change* the vague feeling. No.

The process of Releasing is an experience, not an idea from the mind. Practice the process more. Allow yourself to feel your emotions, then use the questions. The questions don't need to be understood, just ask them.

Not approving of yourself is precisely *wanting approval*. When you have experienced Release, the feeling of Release will be very clear. Therefore, beginners need to practice to experience it. It's okay, practice a few times and you'll learn. Keep it simple. It's best to practice with the video.

Elizabeth Zhang 2020-12-29 13:02:10 Regarding the goal, the feeling that something needs to be done is also a limitation and *wanting control*, right?

Feng 2020-12-29 13:02:50 "Must do something" is certainly a limitation. Completely clearing it all at once won't happen. Most people keep some each time they Release, leading to an endless cycle.

Hao Qianqian 2020-12-29 13:02:21 @Feng Follow the Releasing desires video?

Feng 2020-12-29 13:02:47 After Releasing, there is definitely an obvious feeling. Sometimes it can be subtle, subtle, but most of the time it's obvious.

Elizabeth Zhang 2020-12-29 13:02:50 Only look at the goal. During the process, you feel ownership, but you also feel the need to do a certain action. Is this not completely Released control? Release until you don't need to proactively do anything, even for a goal of 100 million. Opportunities will come to you on their own, right?

Feng 2020-12-29 13:02:59 Yes, pure love. Yes, Release until it falls into your lap. After learning the previous emotion Releasing, follow this video to practice.

Elizabeth Zhang 2020-12-29 13:03:21

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Feng, during the process of goal realization, the action of the non-doer is guided or effortless, right? Not spontaneously主动 initiated.

Feng 2020-12-29 13:03:42 You don't need to proactively do anything. Besides Releasing, you don't need to do anything.

Elizabeth Zhang 2020-12-29 13:03:51 If a thought has already appeared, is not looking at it a form of avoidance? Or should I only focus on the feeling? Is avoiding thoughts not considered avoidance? Completely abandon the thought path, always focus only on the current feeling, regardless of any good ideas or suggestions the mind gives during the Releasing process?

Feng 2020-12-29 13:04:10 There's no need to follow thoughts. Simply Releasing feelings can clear away thousands of thoughts. Feelings, Lester Levenson called them programs, i.e., the programs that drive thoughts. Even good beliefs, no need to follow them. Continuously Release feelings. Release feelings that surface.

Xiangzhang Shu 2020-12-29 13:04:16 Mm.

Feng 2020-12-29 13:04:16 **Feng** 2020-12-29 13:04:28 You can continue to allow yourself to feel this stuck feeling, then Release the *wanting to change*.

Xiangzhang Shu 2020-12-29 13:04:30 Mm.

Feng 2020-12-29 13:04:30 **Feng** 2020-12-29 13:04:50 Sometimes it's useful, but if you don't consciously Release, it will remain stuck. Don't turn it into an "awareness method."

2020-12-29 Stuck

Feng 2020-12-29 12:59:21 If stuck, first allow the stuck feeling to express itself. Let yourself feel the stuck feeling. Then Release the *wanting to change* it.

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2020-12-29 There's no need to follow thoughts; simply releasing feelings can clear away thousands of thoughts

Feng 2020-12-29 13:20:21 Student (Hale Dwoskin): I have a question. How do you get yourself to the place of being a non-doer? Lester Levenson: Me? I just say "I am not the doer," that's it. Student (Hale Dwoskin): That's you. How do I do it? Lester Levenson: Practice. Of course, the best way is what I said before: Release. When you Release, you are not a doer. Sometimes this answer bothers you all (laughter).

Feng 2020-12-29 13:20:45 Student (Hale Dwoskin): Lester Levenson, lately I've been looking at all the concepts I hold, including the spiritual one—I am not this body. And then, there's something I'm doing now that I want you to help me verify if it's in the right direction. I want to follow that belief, because when I let go of that belief, I often feel worse. The inner experience regarding this concept becomes "it's just a concept." Lester Levenson: "I am not

this body" acknowledges a body, doesn't it? This is the mind's trick. The mind just deceives you, destroys you, constricts you, making you continuously believe you are this infinitely small body. The mind's function is limitation. So when you let go of your mind, what remains is your Being. That's it. And it's right here now, without limitation.

Feng 2020-12-29 13:21:06 There's no need to follow thoughts. Simply Releasing feelings can clear away thousands of thoughts. Feelings, Lester Levenson called them programs, i.e., the programs that drive thoughts. Even good beliefs, no need to follow them. Continuously Release feelings.

feeling 2020-12-29 13:21:42 @Feng Hale Dwoskin was so lucky to encounter Master Lester Levenson and be authorized to continue this method. Why didn't he reach the end? Why is that?

Feng 2020-12-29 13:21:59 You can see that when Lester Levenson was alive, Hale Dwoskin already had a tendency to modify this method. The ones Lester Levenson truly favored, Michael, Ralph, he wouldn't let them spread the method. Those he entrusted with the responsibility to promote the method were precisely the ones less inclined towards freedom. Those with good tendencies, Lester Levenson would only let them Release and become free first. Teacher and student correspond. In fact, the masses do not want freedom.

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Those who do not want freedom are suitable for modified methods, for some psychological stress relief. Each has their own suitability. You could also say it's because of karma.

2020-12-29 Your decisions are merely driven by feelings

Elizabeth 2020-12-29 14:03:07 Feng, the state of omniscience actually means knowing who will achieve *Nirbikalpa Samadhi* next, right? @Feng

Feng 2020-12-29 14:03:14 In actions driven by karma, there is no free will. But in the choice to identify with your body or your true Self, there is complete free will.

Elizabeth 2020-12-29 14:03:35 What is the relationship between destiny and Releasing?

Feng 2020-12-29 14:03:48 Destiny is your program. Releasing is解除 your program. Only Releasing can解除 it. If you don't Release those programs, whether through action or inaction, you cannot eliminate karma. Therefore, there is no free will at all.

ZOEY 2020-12-29 14:03:50 @Feng Regarding Goal Release, do not proactively do anything, do not be the "doer." For example, if the goal is to easily complete work, how can I do nothing and still complete it easily? The materials to write have already been assigned to me. Can I really do nothing? Maybe this is a stupid question.

Feng 2020-12-29 14:03:59 If you completely Release, you can do it.

Elizabeth 2020-12-29 14:03:07 @Feng Therefore, by Releasing and identifying with the true Self, you can completely解除 program karma. Destiny, Ba Zi, etc., all become invalid. Right?

Feng 2020-12-29 14:03:07 Mm, as long as you Release continuously for a few days, all astrology and fate divination become completely ineffective for you.

Elizabeth 2020-12-29 14:04:10 What I just asked was, in your current situation, helping the next person to *samadhi*, you are omniscient and can see the future. You should know who it is, right?

Feng 2020-12-29 14:04:19 No. This matter has no future. Everyone can decide to attain freedom at any moment.

Elizabeth 2020-12-29 14:04:27 So the future war or the new method in 70 years is just a probability based on the current karma of Earth?

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Feng 2020-12-29 14:04:36 This is completely free will, unaffected by anything.

Elizabeth 2020-12-29 14:04:44 Nor a definite future, right?

Feng 2020-12-29 14:05:07 This is a definite future.

Elizabeth 2020-12-29 14:05:24 Why?

Feng 2020-12-29 14:05:37 Because you won't change it.

Elizabeth 2020-12-29 14:06:00 There are so many people on Earth. If individuals practicing freedom don't change collective consciousness?

Feng 2020-12-29 14:06:13 How many people on Earth do you think are趋向 freedom? In this *Dvapara Yuga*, not many people are趋向 freedom. Groups gathering under spiritual banners are not people seeking freedom. This is a huge misunderstanding.

Elizabeth 2020-12-29 14:06:44 The faster method in 70 years, do you already know it? Can you talk about it?

Feng 2020-12-29 14:07:50 You won't be able to use it. It's the result after physical evolution. You can directly see life particles, the subtle nature of creation.

Elizabeth 2020-12-29 14:07:59 Evolution progresses that much in 70 years?

Feng 2020-12-29 14:09:05 It's one of the 112 paths.

Elizabeth 2020-12-29 14:10:10 What are life particles?

Feng 2020-12-29 14:10:14 Those who survive the nuclear war will evolve. Life particles constitute the astral body.

Elizabeth 2020-12-29 14:12:13 When will the nuclear war start?

Feng 2020-12-29 14:12:18 This kind of content has no meaning, so I won't say much. Using the Release Method to reach freedom takes one or two months. Actually, no need to pay attention to such distant things.

Sui Le 2020-12-29 14:12:26

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Encountering 矛盾和纠缠 (being framed, etc.), you can solve it with money or power. Will this create greater karma?

Feng 2020-12-29 14:12:50 You can do this, or you can not do it. But regarding this matter, you have no free will. Your decisions are merely driven by feelings. Every thought and action of yours is pre-set. After you Release feelings, you eliminate some karma. At this point, you will experience new karma.

Lester Levenson: *We preset the behavior of this physical body before we enter it to put us through experiences that we hope to learn from.* A: Before we enter this body, we have already preset its subsequent behavior, in order to learn something from the experiences.

Q: *Knowing that you would attain Realization this time?* A: No. Knowing that in past lives you subjected yourself to the law of action and reaction, cause and effect, karma (they're all the same thing), and that you want to continue that game. You did certain things when you were in a physical body before, so next time you want to set up similar things in a hope of undoing some of the things you don't like, and instigating the things you do like. But you cannot change anything that the body was preset to do by you. You're going to do exactly what you preset for that body before you came into it. There is no free will in worldly living. However, there is a free will. The free will we have is to identify with the real Being that we are, or to identify with the body. If you identify with the body, you're in trouble. So the free will is one of identity. Knowing this, it makes life much easier; you don't fight it. You aim for proper identity. A: Don't know. But I will know that you have been subject to karma in past lives, and that you want to continue this game. In past lives, you did some things, so this time you set up similar things to eliminate the things you don't like and continue the things you like. But you cannot change anything preset for the body. Before entering this body, you were ready to implement what you had preset for it. There is no free will in worldly life. However, regarding whether you identify with the true Self or the body, you have free will. If you identify with this body, you will be in trouble. So free will is a choice of identity. Knowing this makes life much easier because you no longer fight; your purpose is correct identification.

Contrary to what many people think, you only have free will in one thing: deciding to be free or to be limited (identifying with your body or your true Self).

There is no free will in worldly life. Every one of your desires is merely driven by past experiences.

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Sui Le 2020-12-29 14:13:35 After I Release the feelings about this matter, why is there still new karma? Do you mean other karma that hasn't been Released yet?

Feng 2020-12-29 14:13:47 Mm.

Elizabeth 2020-12-29 14:13:57 Direct identification cannot lead to freedom, because it carries feelings, which is mental identification. Only by Releasing karma cleanly can there be an opportunity to identify.

ZOEY 2020-12-29 14:14:14 There is no true free will in worldly life – does this mean that to be truly free, one must脱离 worldly life? But we ultimately need to use this body and the world to achieve freedom?

Feng 2020-12-29 14:14:20 Releasing is identifying with your true Self. **Elizabeth** This identification seems useless before feelings are fully Released.

Feng 2020-12-29 14:14:26 Each Release will slightly Release a part of the sense of self, and you will identify more with your true Self. This sentence means that for other things, you have no free will. Only one thing you have free will over: choosing freedom or being bound.

Elizabeth 2020-12-29 14:14:57 Making a goal achieve through Releasing – does this belong to one's own choice? Does it not belong to free will?

Feng 2020-12-29 14:15:05 Releasing belongs to your choice. But is your goal free will? Why do you have this goal? For example, you want money. Why do you want money? This is all driven by past karma.

Sui Le 2020-12-29 14:15:18 @Feng Oh, so solving conflicts and disputes with money or power is also driven by karma, also pre-set. Is that it?

Feng 2020-12-29 14:15:22 The cause of your desires. Yes, as long as you don't Release, you will inevitably experience what you have pre-set.

Kriyananda told a story of a man who, after experiencing World War I, believed World War II would definitely happen. So he spent a long time looking for a place to live in seclusion. Finally, he found a good spot, bought land, and settled down. And guess what? That turned out to be the place where World War II was fought most fiercely. Trying to change karma through action is useless.

Karma is action and reaction.

You can never eliminate karma through action. Only by Releasing can you解除 the program.

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2020-12-29 If you're used to suppressing, you'll need to spend more time undoing the habit of suppression

Ruan Daxian 2020-12-29 17:08:34

I've now entered a very weird stage. Because my entire life has been devoted to inner transformation, but in the end, it can be said to be a complete failure. So whenever I try anything like Releasing, I'm met with a closed door. My inner self is very resistant. For example, I always feel 昏沉, or when I ask a few more "Can I let it leave?" questions, I become very angry. I don't want to try any more changes because I don't want to experience another Nth deep disappointment, even despair, to the point of wanting to commit suicide. I don't know how to break another opening. @Feng

Feng 2020-12-29 18:31:59 This point can only be decided by yourself. The Buddha failed countless times. Decide to do it, try Releasing. Disappointment, even despair, are just feelings. As long as it's a feeling, it can be Released, and the attitude after Release is completely different.

Yitian 2020-12-29 22:01:19 Is this situation because of being too introverted? People who are used to focusing inward often find it harder to experience Release?

Feng 2020-12-29 22:03:17 Just used to suppressing. If you're used to suppressing, you'll need to spend more time undoing the habit of suppression. Practice Releasing more, and this will also go quickly.

2020-12-29 The Six Steps are the only key to the Release Method

Tiancheng 2020-12-29 18:24:12 The world's illusion, Maya, is also called "avidya," meaning "non-knowledge," ignorance, delusion. Maya or ignorance cannot be destroyed by intellectual beliefs or analysis; it can only be achieved through the inner state of *Nirbikalpa Samadhi*. The prophets in the Old Testament and the seers of all places and all times prophesied in this state. *Autobiography of a Yogi*

Ignorance cannot be destroyed by intellectual beliefs or analysis. *The mind will never undo the mind* – only Releasing helps. So the answer is only one: go Release! Remind yourself with the First Step.

But what is stopping you? It's what I just said: the fear of losing what you currently have. When you attain freedom, you will never lose, you will never discard anything, you will have more and more. Correctly, you lose your poor toys – your unbearable suffering. When you are free, you will move around, still eat, still chat. If you want your body to function indefinitely, you can choose immortality. So, let go of this fear and worry – "If I become free, I will die." I think this may be the biggest obstacle for all of us – "If I become free, I will die."

These feelings will continue to enable my survival. They are my protectors. I will get angry, I will hit them hard, or I will muster courage and eliminate them.

Look at the great saints. Did the Buddha disappear after he became free? I think he returned to the time when he was a prince or king. Didn't he? Did Jesus die? Well, they used it to prove eternity. Jesus returned to the world three days later, and he is still alive. The same with the Buddha.

get everything by releasing only – everything means everything. Control is a good thing; *wanting* control is not, because wanting equals lack.

As we know, control is not a bad word, nor a bad thing. "Wanting" control is. When we are free, we can effortlessly control the entire universe with just a thought. When you become free, your mind is quiet, without any thoughts. So any thought you put into your mind will凝聚 and manifest. But currently, your mind may be troubled by thousands of thoughts, and all thoughts are related to AGFLAP.

Ming 2020-12-29 18:24:54 The female teacher who taught Nimala attained freedom, but then she went to India with another female teacher.

Shunxing 2020-12-29 18:25:18 Pamela.

Ming 2020-12-29 18:25:51 The group leader said only three have become free; she is one of them.

Tiancheng 2020-12-29 18:26:16 So you need to Release yourself and verify personally. Doing this with the mind actually stops Releasing. But when false masters appear, it is necessary to correct them (when asked), because wrong methods might mislead people for a lifetime, or even many, many lifetimes. The above chat log mentions that the group leader has already told everyone the learning steps. Follow the steps inside to learn. *The Ultimate Truth* is Lester Levenson's early audio teachings, i.e., the methods before he discovered the Release Method. Lester Levenson only shared the Release Method in his later years. *The Ultimate Truth* is Lester Levenson's early audio teachings, i.e., the methods before he discovered the Release Method. Lester Levenson only shared the Release Method in his later years. The principles in *The Ultimate Truth* are 100% correct, but the methods are ineffective. The Release Method, however, is extremely efficient.

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Learning the Releasing process is to implement the Six Steps. There are two Releasing processes. The first is the Releasing Emotions process, which is introductory, allowing you to experience Release. After learning to Release emotions, the course安排 is two days, then you learn to Release desires. Releasing emotions is a step towards Releasing desires. After learning to Release desires, go read the content of *The Way*. The content of *The Way* is all about the Six Steps. Other advanced content also talks about the Six Steps.

2020-12-29 Make a decision, don't back down

Feng 2020-12-29 22:18:39

But that day, no matter how hard he tried to turn that feeling into love, he still felt a despair he couldn't dispel. He wanted to escape. He wanted to get up from the chair and run away, go eat something, do something to get rid of this intense despair. But he decided he must sit there until he resolved it. He realized that if he was controlled by this despair this time, if he lost this battle, he would be completely defeated. He sat in his chair, determined to withstand the test.

This fear of death scared me more than anything I had ever encountered in my life. This made me decide: "Either find the answer, or I'll leave this world myself, and not let the heart disease do it." And I had an easy way to do it – morphine, which the doctor allowed me to use during kidney stone attacks.

Now, let me tell you more. If you really believe what I say, you will forget everything else and go home determined to sit down until you see "It," because "It" will give you everything with just a thought. If you do that, you will see "It"! Just like the Buddha, he gave up his throne, sat under a tree, determined not to rise until he saw the truth, and finally he saw the truth.

【 Q: Some people here have discussed robots. Actually, I think we can see the body as a robot. We use this physical body, and when we no longer need it, we let it go, but what we are always exists. A: Seeing the body this way is good. Now, let me tell you more. If you really believe what I say, you will forget everything else and go home determined to sit down until you see "It," because "It" will give you everything with just a thought. If you do that, you will see "It"! Just like the Buddha, he gave up his throne, sat under a tree, determined not to rise until he saw the truth, and finally he saw the truth. 】 (Note: Added by editor Omega)
Information reference:

https://www.douban.com/group/topic/32214499/?_j=4046989d1APvND.4046990d1APvND

Feng 2020-12-29 22:19:20

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Make a decision, don't back down.

2020-12-30 Xiaoli's Sharing

Xiaoli 2020-12-30 04:47:01 The day before yesterday, I finished reading Feng's Releasing process and the original Release Method video: "Feng" introduces the original Release Method: finally... Original Release Method course.

Xiaoli 2020-12-30 04:55:43 In the evening, I started practicing Releasing. At first, it was very hard to get into the state. I kept practicing Releasing. Gradually, there was a feeling of lightness and leaving, but no pleasantness arose. Yesterday morning, I continued Releasing. Anyway, those who succeeded said the key is to keep Releasing continuously. So I just kept

doing it. I kept Releasing until I felt pleasant inside. I understood how simple Releasing is. I even shared "allowing" in the group. Because the survival program is always running. If you don't feel the "want" emerge, it's because it's suppressed. You need to "allow."

At noon, I started re-reading the advanced *The Way*, screenshotting points that felt meaningful. I also read everyone's chats. After dinner, I continued Releasing. Because I didn't continue while in a high state, I fell back. Then everything was a series of Releasing entirely with the mind, and I wasn't even aware I was using my mind. After more than an hour, I couldn't Release at all. I was so tired I just went to sleep. I woke up at 1:30 am and continued Releasing. Finally, I realized I was using my mind. It's about feeling, not thinking.

Xiaoli 2020-12-30 05:03:50 Because the survival program is always running. If you don't feel the "want" emerge, it's because it's suppressed. You need to "allow."

Feng 2020-12-30 05:03:50 As long as you're not Releasing, you're suppressing. Feelings are constantly surfacing and going out. Feelings are constantly rising.

Xiaoli 2020-12-30 05:36:12 You've probably experienced the state where it comes up and floats out, comes up and floats out. (You've probably experienced (feelings) constantly rising and surfacing, rising and surfacing.) You must reach, achieve this. Really, there is so much "garbage." Occasional Release also has some benefit. But if you want to Release it all, a large amount of Release, continuous Release, look at the Six Steps. You must keep Releasing continuously. Continuously let (feelings) rise up and drain out all day long. You become aware of a certain feeling and Release it. It's a bit like sitting and watching.

Xiaoli 2020-12-30 05:39:08

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In the subsequent Releasing, I just allowed the feelings, did nothing. "Wants" popped out one after another. Later, somehow I touched the fear of death. Wow... that feeling. I was afraid of disappearing, very scared. To not be scared, I thought about being infinite existence. As a result, I successfully pulled myself back into the mind. Sure enough, every thought is a limitation, a limitation! Continue attacking, big mouthfuls, big mouthfuls.

Changning 2020-12-30 06:21:36 @Xiaoli That's great! Thank you for sharing.

Qi 2020-12-30 06:23:08 @Xiaoli Awesome, encouraged by you.

Dabao 2020-12-30 06:29:04 @Xiaoli Congratulations.

Li Yuan 2020-12-30 06:39:17 @Xiaoli Awesome! Seeing the message, I got up early and Released too.

Sedona's road 2020-12-30 08:15:10 @Xiaoli Congratulations. Everything is the best gift.

Xiaoli 2020-12-30 09:33:16 Thank you, everyone! As soon as I touched the fear of death, I lost the sense of body. I was floating entirely in the state of death fear, moving forward

automatically. When I went deeper, I got so scared that I wanted to think about infinite existence. The original Release Method public account was recommended to me by a friend on the 26th. For the first two days, I was reading and Releasing at the same time. I never understood the Release process, so I was resisting and 烦躁 while also Releasing. Gradually, I started to feel Release. Even while cooking and working every day, I was stumblingly practicing Releasing. Practicing, practicing, I could keep Releasing in the background. So, just do it, it's simple. Do it. The mind will never, ever give you the answer, and yet you are now trying to find it through the mind. It's like trying to cross a river by grabbing a crocodile. But it will never let you cross. You must begin to quiet the mind. When the mind is quiet, there are no thoughts. What drives all thinking? Feelings. Ignorantly, everything we do through the mind is limited and can be harmed. Every thought has a certain limitation, covering our infinite existence. So we need a way to pull out all the motivations for thinking, which are feelings.

Xiaoli 2020-12-30 10:36:26 Allow feelings to surface, be aware of the "want" behind the feeling, Release the "want," Release the "want."

Feng 2020-12-30 10:36:25 I call them pressures because every subconscious feeling wants to surface and show itself. We very carefully let it surface and let go of control, Release the 逼迫 and drives in the subconscious, draining them out.

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You don't need to go chasing after your feelings once you feel them; they are with you 24 hours a day, and you are avoiding them 24 hours a day.

I am infinite 2020-12-30 10:38:37 [Group chat log] 【 Feng: There's nothing to 突破 in the method. Feng: The method is very simple. Feng: Any breakthrough is complication. Feng: Complication is the mind's trick. 】

I am infinite 2020-12-30 10:51:37 @Xiaoli You're amazing.

Xiaoli 2020-12-30 10:57:39 @I am infinite Thanks. Mm, I followed this process in the chat log. When I had no feeling, I just kept doing it. It pulled out all my aversion to this world. After Releasing this aversion, Releasing became smooth.

I am infinite 2020-12-30 10:58:34 [Group chat log] 【 I am infinite: That Xiaoli only Released for two days! [Facepalm] Feng: This is the normal speed. Feng: Learning the Release Method and being able to Release in two days is normal. Feng: The main problem is that spiritual circles have too many concepts in their minds. 】

2020-12-30 Aren't you allowing the feeling of being stuck to fully express?

I am infinite 2020-12-30 10:18:32 I feel I can feel it. I also know if it's *wanting control* or *wanting approval*. But I just can't Release. I'm stuck at the step of Releasing. I can ask

myself hundreds of times a day. I feel *wanting control* or *wanting approval* hundreds of times, but it just won't leave. It's very frustrating.

Feng 2020-12-30 10:19:32 Wait a minute. Aren't you allowing the feeling of being stuck to fully express? You're not allowing that stuck feeling to express.

I am infinite 2020-12-30 10:20:39 It seems so.

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I always felt I needed to突破 the stuckness.

Feng 2020-12-30 10:20:52 Allow it to express, then you can Release it.

I am infinite 2020-12-30 10:21:00 Always very eager to Release it.

Feng 2020-12-30 10:21:04 This is not following the Release process. If you don't follow the process, of course you can't Release it.

The worst thing we can do is suppress. The second, slightly less bad thing, is avoid. The third thing we can do, which is the beginning of releasing from suppression, is to express your feelings or emotions. The fourth thing is what we are going to do: drain out your suppressed emotions.

Allowing feelings to express is the beginning of Release. The same applies to the stuck feeling.

I am infinite 2020-12-30 10:22:34 I find that I don't allow the stuckness at all. I hate it, detest it,排斥 it. I think being stuck is the most讨厌 thing. I really hate it.

Feng 2020-12-30 10:22:55 You are suppressing it, pressing it down. Pressing the accelerator and the brake at the same time.

I am infinite 2020-12-30 10:23:24 This stuckness has made me lose my dreams, lose my freedom.

Feng 2020-12-30 10:24:10 Don't lament. Immediately allow yourself to feel the stuckness. Let it express. It's simple, just follow the process and it's fine. The group leader likes to invent and understand things himself.

I am infinite 2020-12-30 10:27:42 [Facepalm]

Feng 2020-12-30 10:27:44 ?

I am infinite 2020-12-30 10:27:54 I suddenly discovered that this strong feeling of exertion, indeed, if I allow it to express, it will slowly leave on its own.

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Before, I tried every possible way. I really kept thinking of ways to突破, ways to Release it, ways to discover its control. But I forgot to allow it to express. Just now, that feeling of exertion came again, very strong. I simply tried allowing it to express, just let it express out. Then it slowly left, relaxed, left on its own. [Facepalm][Facepalm][Facepalm]

2020-12-30 When you have no feeling, just keep doing it, and it will pull out all your aversion to this world

I am infinite 2020-12-30 10:38:15 [Chat log: There's nothing to突破 in the method.]

Xiaoli 2020-12-30 10:38:19 Mm, I followed this process in the chat log. When I had no feeling, I just kept doing it. It pulled out all my aversion to this world. After Releasing this aversion, Releasing became smooth.

2020-12-30 Feng & Tiancheng - You have to decide to do it in order to release it

Tiancheng 2020-12-30 10:46:51 I now decide to Release the program causing the stuckness.

Tiancheng 2020-12-30 10:47:00 No more procrastination.

Feng 2020-12-30 10:47:22 But that day, no matter how hard he tried to turn that feeling into love, he still felt a despair he couldn't dispel. He wanted to escape. He wanted to get up from the chair and run away, go eat something, do something to get rid of this intense despair. But he decided he must sit there until he resolved it. He realized that if he was controlled by this despair this time, if he lost this battle, he would be completely defeated. He sat in his chair, determined to withstand the test.

Feng 2020-12-30 10:47:35 You have to decide to do it in order to release it. Otherwise, you'll keep some, over and over again. I suggest you decide today to Release some matters and feelings you've been avoiding all along. Just a simple decision. Detach from some programs that have been driving you for a long time.

Tiancheng 2020-12-30 10:54:33 OK.

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2020-12-30 Teaching someone who has never been exposed to the Release Method, it takes no more than two days to learn

I am infinite 2020-12-30 10:52:15 That Xiaoli only Released for two days! [Facepalm]

Feng 2020-12-30 10:52:54 This is the normal speed. Learning the Release Method and being able to Release in two days is normal. The main problem is that spiritual circles have too many concepts in their minds. Teaching someone who has never been exposed to the Release Method, it takes no more than two days to learn. The big group consists of people who have转 from various spiritual practices, which is a disadvantage.

2020-12-30 Feng & Tiancheng——Ananda's focus on the Buddha exceeded the Buddha's teachings

Tiancheng 2020-12-30 14:36:41 Was Ananda free while the Buddha was still alive?

Feng 2020-12-30 14:37:12 No. He became free after the Buddha's *nirvana*.

Tiancheng 2020-12-30 14:37:35 Was it because of strong dependence?

Feng 2020-12-30 14:37:42 Mm. His focus on the Buddha exceeded the Buddha's teachings.

Tiancheng 2020-12-30 14:40:09 But Ananda did become free later, right?

Feng 2020-12-30 14:40:18 That's right, Ananda finally became free.

Tiancheng 2020-12-30 14:40:38 What's his situation now?

Feng 2020-12-30 14:40:53 Most of the Buddha's disciples became *Siddhas*.

Tiancheng 2020-12-30 14:41:18 How many of the Buddha's disciples became free?

Feng 2020-12-30 14:41:47 Several hundred.

Tiancheng 2020-12-30 14:42:23 Did they achieve it around the time of the Buddha's *nirvana*?

Feng 2020-12-30 14:42:39 Mm.

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Tiancheng 2020-12-30 15:25:10 The First Step, wanting freedom more than wanting the world – it doesn't mean rejecting the world, not wanting the world anymore, right?

Feng 2020-12-30 15:25:45 Of course not. Aversion to the world is essentially still wanting the world.

Tiancheng 2020-12-30 15:26:00 I find that many people misunderstand this. I used to as well. So what is it like when you achieve the First Step? What is the attitude towards the world?

Feng 2020-12-30 15:29:01 *It sounds as though you're saying we should not desire automobiles, we should not desire homes, we should not desire wives or sweethearts, we should not desire anything, but become nothing.* Q: It sounds like you're saying we shouldn't desire cars, we shouldn't desire homes, we shouldn't desire wives or lovers, we shouldn't desire anything, but become nothing.

Lester Levenson: *Everything was right but the last part of your sentence. You become everything instead of nothing. Become everything and you need nothing. Desire is lack and the consciousness of separation, the source of all trouble. If you are everything, the All, you need nothing. See, everything was right down to that last part of your sentence, just reverse that and you've got it. O.K.?* Lester Levenson: Everything was right except the last part of your sentence. You become everything instead of nothing. Become everything, therefore you need nothing. Desire is lack and the consciousness of separation, the source of all problems. If you are everything, the All, you need nothing. See, for the last part of what you just said, "everything" is the correct part. Just reverse it and you've got it. Okay?

Feng 2020-12-30 15:29:30 *Goals and winning* – You must win.

Tiancheng 2020-12-30 15:33:24 Just now I looked at the time.

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There are still two months until the Spring Festival. I have a feeling: I will complete the whole journey in these two months.

Feng 2020-12-30 15:34:04 Go for it.

Tiancheng 2020-12-30 15:34:08 I don't want to procrastinate anymore.

Feng 2020-12-30 15:34:12 An infinite being can certainly do it anytime.

Tiancheng 2020-12-30 15:35:37 Can you help me on this journey? Of course, I know you've been helping me all along.

Feng 2020-12-30 15:35:51 Of course, and every master will help you. When you truly set out on the path to awakening.

Tiancheng 2020-12-30 15:37:09 I really hope to get your guidance.

Feng 2020-12-30 15:37:30 You need to set a goal you truly want. You need motivation.

Tiancheng 2020-12-30 15:38:31 Is 1 million what I truly want? But after attaining freedom, you get everything.

Feng 2020-12-30 15:38:42 Do you have that excitement?

Tiancheng 2020-12-30 15:38:54 Then why not go directly to freedom?

Feng 2020-12-30 15:39:02 That's also possible. You can directly aim for freedom.

Tiancheng 2020-12-30 15:39:16 Mm. I'll take that as my goal. I'll give myself two months. Achieve it before the 2021 Spring Festival.

Tiancheng 2020-12-30 15:42:32 I allow myself to complete the whole journey and reach the finish line by February 12, 2021.

Feng 2020-12-30 15:43:22 **Tiancheng** 2020-12-30 15:43:22 Do you have any suggestions? You can write down all the things you want.

Tiancheng 2020-12-30 15:54:19 ===== Page 178 =====

Okay.

Tiancheng 2020-12-30 15:38:31 Is 1 million what I truly want?

Feng 2020-12-30 15:38:42 Do you have that excitement?

2020-12-30 The world is *wanting control* and *wanting approval*

I am infinite 2020-12-30 22:40:26 Wanting freedom more than wanting the world means wanting freedom more than wanting the world's joy, right?

Feng 2020-12-30 22:40:29 Why are you adding words? Completely achieving wanting freedom more than wanting the world happens after you discover the only source of joy.

I am infinite 2020-12-30 22:40:37 I mean, what does "the world" mean? Does it just mean the world?

Feng 2020-12-30 22:40:42 *Wanting control* and *approval*. Didn't Lester Levenson make it very clear in *The Way*?

I am infinite 2020-12-30 22:40:49 "But I think it's better to use 'you must want freedom more than you want the world.' Why does Lester Levenson say using 'wanting freedom more than wanting the world' is better than using 'wanting freedom more than wanting control and approval'?"

Feng 2020-12-30 22:40:52 Because you might count many things outside of control and approval. Actually, the world is *wanting control* and *approval*. It's just that many people don't think so.

I am infinite 2020-12-30 22:41:05 I see.

2020-12-31 *get everything only by release*

Feng 2020-12-31 13:28:23 A suggestion: dare to think. Write down what you truly want, no matter how impossible it seems. Make good use of the fourth guideline.

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2020-12-31 Fully experiencing a feeling is responding to it, but when you have attachment and aversion towards the feeling, you cannot fully respond to it

Feng 2020-12-31 20:08:38 In the Release Method, the word used for feeling refers to emotional *feeling*. The various descriptions under the emotional chart are *individual feelings*. They are categorized into nine *emotion categories*, referring only to the nine emotional states: apathy, grief, fear, lust, anger, pride, courage, acceptance, peace. And two *basic feelings*, namely *wanting control* and *wanting approval*. Releasing these two feelings Releases all the emotions above them, as well as the most basic feeling, the *fear of dying*, i.e., *wanting to survive*. Fear of death → *wanting approval* and *control* → emotion categories → individual feelings → all are *feeling*. Fear of death is the most basic feeling. Fear of death develops into the two basic feelings of *wanting control* and *approval*. Then they develop into the nine basic feelings, also called the nine emotion categories: apathy, grief, fear, lust, anger, pride, courage, acceptance, peace. These nine basic feelings develop into more *individual feelings*. Those are the descriptive words below the emotional chart, such as despair下面的 vague, numb, powerless... These feelings drive every one of your thoughts.

Emotions and thoughts in this realm directly construct your mental body, i.e., the astral body. Directly Releasing *wanting control* and *approval* Releases all the feelings above them.

When does physical sensation come out? When karma is projected from the causal body to the astral body, and then to the gross body (physical body). Physical pain is an alarm. It is the fear of death expressing in the body. When you respond to it, the alarm immediately disappears. The *workbook* finally advises you to *release three wants only*. Look at Lester Levenson's advice. If you Release emotion categories, it would take hundreds of thousands of lifetimes to possibly clear one category. Releasing the three basic desires is extremely efficient. Fully feeling it is responding to it. But when you have *attachment* and *aversion* towards it, you cannot fully respond to it. Therefore, what you need to Release is not the alarm itself, but your *attachment* and *aversion* towards it. Still, using the Release Method to Release *wanting control*, *approval*, *safety* is fastest. Pay attention to the psychological feeling brought by physical pain. Regardless of whether it stirs up your *wanting control*, *wanting approval*, or *wanting safety*, Release it. Sometimes you'll find that in just two or three times, this physical pain will immediately disappear.

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And it won't recur. Because it has been Released at the causal level. The karma causing it has been Released at the most fundamental level. While physical and medical treatment only work on the material level.

Shangshan Ruoshui 2020-12-31 20:23:15 @Feng How to Release tinnitus?

Feng 2020-12-31 20:23:15 Same. You don't need to Release the tinnitus itself. Pay attention to your psychological feeling towards it. It's best to be able to perceive the level of *wanting*

control, wanting approval, or wanting safety. Then Release the three major desires that cause everything. If you do it, it's extremely simple and efficient.

Vera Wang 2020-12-31 20:24:53 How does this awareness work? @Feng I often just judge mentally whether it's *wanting control* or *approval*, and can't Release.

Feng 2020-12-31 20:25:15 It's not about emptying yourself; follow the process to Release. If you don't know the Release Method, start by learning to Release emotions, then learn to Release desires. Once you learn, just use it directly. If you can't Release, pay attention to the feeling of being stuck, and the *wanting to change* it. It's a feeling, but not a physical sensation. Just learn it. Learning means experiencing Release.

image[[269, 533, 674, 761]]

In the course, *individual feeling* refers to the ones below. *emotion categories* refers to the nine above. Emotion categories are *agflapcap*.

It's not just asking questions. Questions are part of the process. No, Lester Levenson used *basic feeling* to describe emotion categories. *basic feeling*. He used *more basic feeling* to describe *wanting control* and *approval*.

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Fear of death, *wanting approval* and *control*, nine emotion categories, and individual feelings are all called *feeling*. Release until you completely know it's already achieved. At this point, your mind will automatically leave the goal and won't think about it anymore. Then the goal will be achieved soon.

Sophie 2020-12-31 20:44:26

Sophie 2020-12-31 20:44:26 @Feng In the past few days of Releasing, I can't feel any feelings. I can identify *wanting control* or *wanting approval*, but I can't feel whether they've left or not. It's also a kind of feeling of no feeling... In this situation, what can I do?

Feng 2020-12-31 20:45:04

This is a stuck feeling. Feel it, Release the *wanting to change* it.

TGZ2 2020-12-31 20:45:35 **TGZ2** 2020-12-31 20:45:35 Wanting to achieve a goal indicates the existence of lack, the existence of wanting. This wanting produces feelings, and these feelings will反而 hinder the achievement of the goal.

Yunpiaode Shengyin 2020-12-31 20:47:39 There can be a time interval in between, right? For example, Release for a month and then achieve.

Feng 2020-12-31 20:47:51 **Feng** 2020-12-31 20:47:51 No need for a month. A month is the time Lester Levenson gave to complete the whole journey. No worldly goal Release needs to

take more than two weeks. As long as you Release continuously, continuously Release until the goal is achieved. If you decide to achieve it, it will still come. Even things you don't want, if you decide to achieve them, they will still come. It means any impossible, after Releasing, becomes possible. Even if you're not hungry now, you can decide to eat because you know you can do it. Goals are the same. The goal is not for you to achieve the goal itself, but to pull out your opposing programs. Lester Levenson valued goals because you need to prove to yourself that you can do it. The most important purpose of the goal is to 勾出 your aversion, because these are more subtle.

TGZ2 2020-12-31 20:57:05 It feels more and more subtle as you go up.

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Because going up, mental thoughts become fewer. I can understand attachment combined with wanting, but I don't quite understand aversion.

Feng 2020-12-31 20:59:04 Attachment and aversion appear as a pair. You have attachment to things you want, aversion to things you don't want.

Zhongji Ziyou 2020-12-31 20:59:36 Sometimes I feel the world is particularly boring, meaningless.

Feng 2020-12-31 20:59:48 Aversion to the world, right?

Shidai Wanwu Huliian 2020-12-31 20:59:51 What is the reason for not being able to Release continuously?

Vian 2020-12-31 21:00:28 @Feng So, does our aversion to the world also hinder our freedom?

Feng 2020-12-31 21:00:44

Aversion and attachment appear together.

When you have aversion to the world, you are not wanting freedom. You think this world is not good enough; you want a better world. If you can't do it in a month, if you can't do it in two months, then you are not in the Six Steps. Regarding this matter, it's either easy or impossible. If you are in the Six Steps, you will reach freedom in one or two months. If you are not in the Six Steps, you will not reach freedom. Taking tiny bites over many years is just procrastination.

Wenlan 2020-12-31 21:00:53 @Feng Excuse me, to be free in 1-2 months, how many hours of Releasing per day is needed?

Feng 2020-12-31 21:04:59 It won't be done in a procrastinating way. 24 hours.

2020-12-31 Emotions and thoughts in this realm directly construct your mental body

Feng 2020-12-31 20:15:01 Emotions and thoughts in this realm directly construct your mental body, i.e., the astral body. Directly Releasing *wanting control* and *approval* Releases all the feelings above them.

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Mm, until completely Released.

(Physical body) When does physical sensation come out? When karma is projected from the causal body to the astral body, and then to the gross body. Physical pain is an alarm. It is the fear of death expressing in the body. When you respond to it, the alarm immediately disappears. If you Release emotion categories, it would take hundreds of thousands of lifetimes to possibly clear one category. Releasing the three basic desires is extremely efficient.

Yunpiaoguo De Shengyin 2020-12-31 20:19:18 Excuse me, does "responding to it" mean Releasing this fear of death, right?

Feng 2020-12-31 20:19:25 Fully feeling it is responding to it. But when you have *attachment* and *aversion* towards it, you cannot fully respond to it. Therefore, what you need to Release is not the alarm itself, but your *attachment* and *aversion* towards it. Still, using the Release Method to Release *wanting control*, *approval*, *safety* is fastest. Pay attention to the psychological feeling brought by physical pain. Regardless of whether it stirs up your *wanting control*, *wanting approval*, or *wanting safety*, Release it. Sometimes you'll find that in just two or three times, this physical pain will immediately disappear. And it won't recur. Because it has been Released at the causal level. The karma causing it has been Released at the most fundamental level. While physical and medical treatment only work on the material level.

Shangshan Ruoshui 2020-12-31 20:23:39 @Feng How to Release tinnitus?

Feng 2020-12-31 20:23:58 Same. You don't need to Release the tinnitus itself. Pay attention to your psychological feeling towards it. It's best to be able to perceive the level of *wanting control*, *wanting approval*, or *wanting safety*. Then Release the three major desires that cause everything. If you do it, it's extremely simple and efficient.

2020-12-31 Intellectual analysis and beliefs cannot destroy the Maya illusion

Elizabeth 2020-12-31 21:02:09 A person's preferences or wishes are set at the beginning. Does this mean that what this ego-role does is not under our control? Don't even think about controlling it. Release *wanting control* and *wanting approval*, don't try to analyze it, deny it, change it, or suppress it. Just let it operate on its own? @Feng

Feng 2020-12-31 21:02:19

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You can control. After Releasing *wanting control*, you can control better.

Elizabeth 2020-12-31 21:02:24 Okay. What you said before about unchangeable things is...?

Elizabeth 2020-12-31 21:03:08 In Kam's letter, it says the ego comes and goes. If he is already free, why is there still a mind coming and going? Isn't the 角色 melted away? I remember you answered before that you see karma as perfect.

Feng 2020-12-31 21:02:32 Kam coming and going, retaining the physical body – that's it. Watching the physical body come and go.

Shuxin 2020-12-31 21:02:40 Teacher Feng, today I did Goal Release. I focused on this goal all morning. But each time, a thought of "impossible" appeared, just getting less and less intense. Is this being stuck?

Feng 2020-12-31 21:02:51 Do you feel better each time you Release?

ZOEY 2020-12-31 23:03:13 I have the same situation. Each time I Release, I feel better. Then I Release other things. Next time I Release on the goal again, the "impossible" thought is still there. For continuous Release, do I need to keep Releasing on the goal? Or can I intersperse Releasing on current feelings? @Feng

Feng 2020-12-31 21:04:10 Yes. As long as you ensure continuous Release.

ZOEY 2020-12-31 21:05:13 Will this "impossible" gradually decrease until it disappears? @Feng

Feng 2020-12-31 21:05:26 Mm, it will completely become possible.

Elizabeth 2020-12-31 21:05:47 If I want to progress quickly, can I ask myself not to eat or sleep, while continuously Releasing *wanting control*, letting appetite and sleepiness leave on their own? @Feng

Feng 2020-12-31 21:05:52 Why? Is this inviting a challenge?

Elizabeth 2020-12-31 21:06:09 Eating disrupts the feeling.

Feng 2020-12-31 21:06:20 You can Release while doing anything. You can try it.

Elizabeth 2020-12-31 21:06:49 Infinite existence just Releases the feeling of being Elizabeth. All feelings. But from beginning to end, it is the one doing.

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If this understanding is correct, it greatly liberates my understanding of everything.

Feng 2020-12-31 21:07:14 Your understanding is correct in terms of interpretation, but intellectual analysis and beliefs cannot destroy the Maya illusion.

Renzhi Weiyue 2020-12-31 21:07:50 This insight is very powerful. From the perspective of "I am this body," Releasing easily becomes resistance. But from the perspective of the infinite, how should I use the questions... What is the feeling of this body... If I am not this body, what meaning do safety, control, approval have... As infinite existence, I should be able to Release all desires in an instant... But why does fear arise inside...

Feng 2020-12-31 21:07:55 Don't think too much. Just Release.

Student (Hale Dwoskin): I have a question. How do you get yourself to the place of being a non-doer? Lester Levenson: Me? I just say "I am not the doer," that's it. Student (Hale Dwoskin): That's you. How do I do it? Lester Levenson: Practice. Of course, the best way is what I said before: Release. When you Release, you are not a doer. Sometimes this answer bothers you all (laughter).

Sometimes this answer is quite troubling, but indeed, just Releasing is enough. No need for anything else.

2020-12-31 The state of automatic releasing

Zhenai 2020-12-31 23:02:13 Brother Feng, are you now in the state of automatic releasing, just watching feelings arise and automatically leave?

Feng 2020-12-31 23:02:45 That was the case earlier.

Zhenai 2020-12-31 23:02:50 Impressive [Strong][Strong][Strong]

Feng 2020-12-31 23:03:01 Once you're used to Releasing, you can do this.

Zhenai 2020-12-31 23:03:17 For example, right now, while you're talking and typing with me, can you continuously Release?

Feng 2020-12-31 23:03:18 I don't Release now. If I Release further, I'll be gone.

Zhenai 2020-12-31 23:03:26 So you deliberately retain some karma to stay in this body?

Feng 2020-12-31 23:03:30 Mm, holding on a bit. Need to make an effort to maintain.

Zhenai 2020-12-31 23:03:43 So you have already reached complete freedom now, right? Before you said you were at *Nirbikalpa Samadhi*.

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Feng 2020-12-31 23:04:13 After *Nirbikalpa Samadhi*, there are four stages. I am currently in the third stage, still tethering myself here.

Zhenai 2020-12-31 21:04:19 Are you deliberately tethering yourself here?

Feng 2020-12-31 21:04:22 After *Nirbikalpa Samadhi*, you receive inner guidance, you see the agreement. Depending on the different agreements, you deliberately tether yourself somewhere. Because after achieving *Nirbikalpa Samadhi*, you are essentially free.

Zhenai 2020-12-31 23:04:30 Isn't *Nirbikalpa Samadhi* the highest spiritual state?

Feng 2020-12-31 23:04:34 *Nirbikalpa Samadhi* is the highest state of consciousness. The following four stages are merely about how much karma is retained.

Feng 2020-12-31 23:05:00 "Why doesn't a master eliminate all his karma immediately," I asked, "when he unites with God?" "Because in that state, you simply don't care. You see all this as just a dream. You might even continue to reincarnate, returning to the world to help your disciples attain liberation. Masters who have reached this level may even deliberately retain a little bit of karma to tether themselves to this plane for a while, for that higher purpose. Once you reach the highest state, *Nirbikalpa Samadhi*, *ego-consciousness* no longer exists. You are essentially free." "Guruji, what," I asked, "causes a soul to return to the world after attaining ultimate liberation?" He replied, "He still retains a 'desireless desire' to help others."

Zhenai 2020-12-31 23:05:21 Brother Feng, do you have any work to do alone?

Feng 2020-12-31 23:05:29 I don't engage in work. This year I'm staying with my mother.

Zhenai 2020-12-31 23:06:13 My friend says you should save all beings.

Feng 2020-12-31 23:06:25 I no longer have a sense of self; I only follow inner guidance.

Zhenai 2020-12-31 23:07:50 I just wanted to ask, do you have anything to do by yourself?

Feng 2020-12-31 23:07:53

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The last thing is to spend some time with my mother and father.

Zhenai 2020-12-31 23:07:59 Why not save all beings?

Feng 2020-12-31 23:08:00 This is not the duty of this individual. An *Avatar* will take on the image of the great savior.

Zhenai 2020-12-31 23:08:05 Will you also merge directly into the Infinite like Lester Levenson?

Feng 2020-12-31 23:08:12 I will.

Zhenai 2020-12-31 23:08:29 Why not become a master who saves all beings, like the Buddha and Jesus?

Feng 2020-12-31 23:08:30 This is what your current sense of self says. When you eliminate the sense of self, you will see the complete plan. No need to破坏 it.

Zhenai 2020-12-31 23:08:40 Yes, Brother Feng is certainly right.

Feng 2020-12-31 23:08:52 The *Avatar* will descend at the appropriate time. People hope to become noble images, but in existence, there is no high or low. When I had a sense of self, I also wanted to become the Buddha and Jesus.

Zhenai 2020-12-31 23:09:00 Lester Levenson said, this world is constantly shouting at you that matter is real, matter is real. Only those like Lester Levenson and Brother Feng who have truly experienced the infinite can help us truly eliminate the sense of self. So I think a true master with a physical body is extremely important. I bow and pay tribute to you, brother. [Rose][Rose][Rose]

Feng 2020-12-31 23:09:15 But after eliminating the sense of self, I know that I am one with the Buddha, Jesus, and all beings. The same existence. No need to imitate in the external appearance. Therefore, my individual appearance does not need to become a Buddha or Jesus. These things, if you do it, you will know.

Zhenai 2020-12-31 23:09:27 Brother Feng, you no longer have any personal needs to do anything, right?

Feng 2020-12-31 23:10:00 Nothing regarding the individual.

Zhenai 2020-12-31 23:10:16 That means you are now completely free, not just at *Nirbikalpa Samadhi* as you said before, right?

Feng 2020-12-31 23:10:23 Mm.

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Zhenai 2020-12-31 23:11:25 The picture you posted the other day said that after *Nirbikalpa Samadhi*, you still need to clear the karma of many lifetimes. Is this statement correct?

Feng 2020-12-31 23:12:50 It's correct. But it will be very fast.

Zhenai 2020-12-31 23:13:15 It said that with *Nirbikalpa Samadhi*, the work has just begun.

Feng 2020-12-31 23:13:50 Yes. *Nirbikalpa Samadhi* is the beginning of becoming a Stream-Enterer sage.

Zhenai 2020-12-31 23:14:52 So, are you now deliberately maintaining a stage to stay in this body?

Feng 2020-12-31 23:15:00 After reaching *Nirbikalpa Samadhi*, according to different inner guidance, people tether themselves at different stages. After reaching *Nirbikalpa Samadhi*, there are no actions based on the sense of self. Whether tethering at a certain stage or merging directly into the Infinite, it is all based on the plan of infinite existence.

Zhenai 2020-12-31 23:16:40 Theoretically, you can now move towards the last stage, right? That would be to completely leave this world, right?

Feng 2020-12-31 23:16:44 Yes, just don't hold onto the last bit of separation.

Zhenai 2020-12-31 23:17:03 Brother, you're amazing! So-called superpowers, spiritual powers – you have them all now, right?

Feng 2020-12-31 23:17:14 Power is not a direction you should be interested in. When you get there, it's very simple.

Zhenai 2020-12-31 23:17:50 Yes, I like Lester Levenson's teaching: move yourself out of the way. So, brother, can you now fully feel and know my situation, just as you feel yourself?

Feng 2020-12-31 23:19:00 I can know everyone's situation. I won't talk about these things. I don't try to make myself look different from others.

Zhenai 2020-12-31 23:20:20 Brother, you must have practiced to a very high level in past lives, right?

Feng 2020-12-31 23:22:10 Not reaching *Nirbikalpa Samadhi*

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doesn't count as true spiritual height. Because before *Nirbikalpa Samadhi*, you can fall back.

Zhenai 2020-12-31 23:25:05 Was it reaching *Sabikalpa Samadhi*?

Feng 2020-12-31 23:25:08 The highest spiritual achievement in past lives was *Sabikalpa Samadhi*.

Zhenai 2020-12-31 23:26:50 Salute to you, brother.

2020-12-31 You can Release while doing anything

Elizabeth Zhang 2020-12-31 23:21:26 If I want to progress quickly, can I ask myself not to eat or sleep, while continuously Releasing *wanting control*, letting appetite and sleepiness leave on their own? @Feng

Feng 2020-12-31 23:22:42 Why? Is this inviting a challenge?

Elizabeth Zhang 2020-12-31 23:23:05 Eating disrupts the feeling.

Feng 2020-12-31 23:23:46 You can Release while doing anything. You can try it.

Elizabeth Zhang 2020-12-31 23:23:53 Okay.

2020-12-31 Year-end Summary

Mini 2020-12-31 23:55:14 Let's do a year-end summary.

Feng 2020-12-31 23:55:19 Year-end summary: In 2020, completed the most important thing in billions of lifetimes of life.

Feng 2020-12-31 23:55:29 [Laughing]

Edited by Oumu 2022.06.22

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THE END.